

MAHARAJA SUHEL DEV STATE UNIVERSITY  
AZAMGARH  
SYLLABUS FOR POSTGRADUATE PROGRAMME  
PSYCHOLOGY

UNDER CBCS [NEP – 2020]

(Approved by BOS on 07-08-2023)

*Approved*



*Asim  
Ratiwan*

*7/8/23*

*Dr. C*

SUBMITTED BY

*Dr. Fahmeeda Zaidi*  
07-08-2023

*Dr. Kishor*

*Dr. Shikha Srivastava*

DR. FAHMEEDA ZAIDI  
CONVENOR (PSYCHOLOGY)  
MSDSU, AZAMGARH

**MAHARAJA SUHEL DEV STATE UNIVERSITY AZAMGARH**  
**SYLLABUS FOR POSTGRADUATE PROGRAMME**  
**PSYCHOLOGY**

**UNDER CBCS [NEP – 2020]**

(Approved by BOS on 07.08.2023)



**Programme Objective –** This course aims to inculcate the general concepts of Psychology through experiments and applied orientations, to meet the practical world by knowing the theoretical foundations of Psychology. The course aims to build a bridge between industry, society and the academia.

The course aims to help students in developing deep insight into the finer subtleties of behaving in the most proper manner thereby making them expert in the overall understanding of the subject.

**Programme Outcome –** After completion of this two-year programme-

- The student will be able to use their knowledge of human behaviour in daily life.
- The knowledge of Social Psychology will help students to develop better communication and listening ability which will make them learn how to interact, adjust and live with others in their personal and professional life.

Dr. Asim R. Tiwari

Dr. Ankita Srivastava  
07/08/23

Dr. Ankita Srivastava

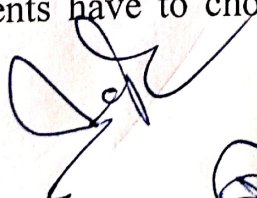
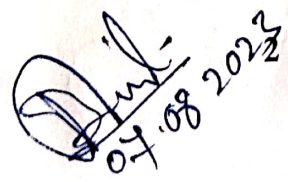
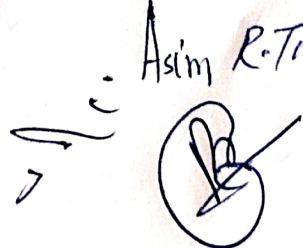
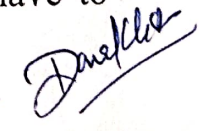
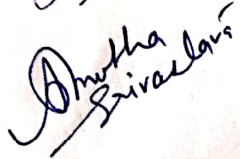


- Studying Psychology will help the students to design guidance and training programme, can also help them to resolve conflict and stress in organisations.
- The students will be aware of the fundamentals of human physiology and its functions.
- The course will provide the students with knowledge of the different stages of mental illnesses, their prevention and clinical interventions if need be.
- It will enrich the students about the concept of team work, cooperation and adjustment in the most adequate work environment.
- After completion of the programme the learners are in a position to learn how to behave in an organizational setting to boost the pace of organizational development. It will further train the learners how to employ human resource and ways and means to control stress.
- At the end of this course, they will be able to perform and design research projects related to psychological fields.

### Programme Details –

**Semester – I :** In the 1<sup>st</sup> Semester the students will have to study 4 Theory Courses/Papers and 01 Practical also. Besides that they have to carry out 01 Major Research Project. All the courses are compulsory and of 4 credits each.

**Semester – II :** In the 2<sup>nd</sup> Semester the students will have to study 4 Theory Courses/Papers (2 Compulsory + 2 Optional) and 01 Practical also. There are two different group of optional papers out of which the students have to choose only one group. Besides that they have to

complete 01 Major Research Project. The Practical and Major Research Project are compulsory and each course is of 4 credit.

**Semester – III :** In the 3<sup>rd</sup> Semester the students will have to study 4 Theory Courses/Papers (2 Compulsory + 2 Optional) and 01 Practical also. There are two different group of optional papers out of which the students have to choose only one group. Besides that they have to complete 1 Major Research Project. The Practical and Major Research Project are compulsory and each course is of 4 credit.

**Semester – IV :** In the 4<sup>th</sup> Semester there are two separate groups of 4 papers each out of which the students have to opt only one group. There will be 01 Practical and 01 Major Research Project which are compulsory and each Course / Paper is of 4 credit.

**Note :** Nature of Research Project may be either Individual/ Determinate (Project to be completed in only 1<sup>st</sup> Semester) or Progressive/Indeterminate (to be started in the beginning of 1<sup>st</sup> Semester and to be completed at the end of 2<sup>nd</sup> Semester). Similarly in 3<sup>rd</sup> Semester nature of Research Project may be either Individual/ Determinate (Project to be completed in only 3<sup>rd</sup> Semester) or Progressive / Indeterminate (to be started in the beginning of 3<sup>rd</sup> Semester and to be completed at the end of 4<sup>th</sup> Semester). In case of Research Project to be Individual the Project of each Semester will be of 4 credits, whose combined evaluation will be done at the end of the year. (4+4 = 8 Credits). In case of Research Project to be Progressive it will be evaluated at the end of the year whose total credit will be 8.



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Anubha Srivastava




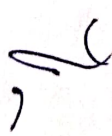
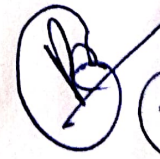
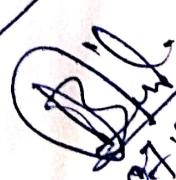
**YEAR - I**  
**Semester – wise Structure of the Courses**  
**(w.e.f. Academic Session 2023-2024)**

**SEMESTER – I (VII)**

Course Code	Paper/Course Title	Credits	Nature of Course
A090701T	Cognitive Psychology: Attention and Perception	04	Theory (Core Compulsory)
A090702T	Advanced Social Psychology	04	
A090703T	Perspectives of Personality	04	
A090704T	Psychometric Methods	04	
A090705P	Experimentation and Psychological Testing	04	Practical (Compulsory)
A090706R	Major Research Project	04	Research Project (Compulsory)

**SEMESTER – II (VIII)**

Course Code	Paper/Course Title	Credits	Nature of Course
A090801T	Cognitive Psychology: Memory and Thinking	04	Theory (Core Compulsory)
A090802T	Basic Research Methodology	04	
Choose Any One Group			
Group - A			
A090803T	Assessment of Personality	04	Theory (Elective)
A090804T	Counselling Psychology	04	



 Asim R. Tiwari  
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 07/08/23  
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Group - B			
A090805T	Sports Psychology	04	Theory (Elective)
A090806T	Educational Psychology	04	
Practical / Project Work			
A090807P	Experiment, Testing and Profiling	04	Practical (Compulsory)
A090808R	Major Research Project	04	Research Project (Compulsory)

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*Dr. Asim R. Tiwan*

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Dr. Srinivasan



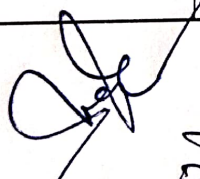
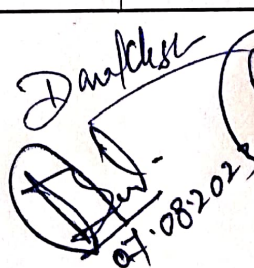
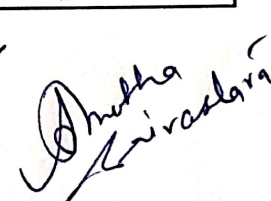
## YEAR - II

### Semester – wise Structure of the Courses

(w.e.f. Academic Session 2024-2025)

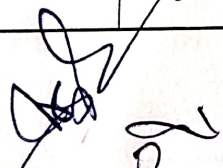
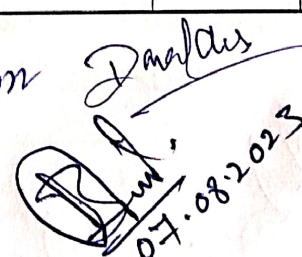
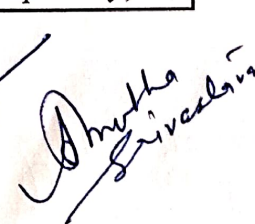
#### SEMESTER – III (IX)

Course Code	Paper/Course Title	Credits	Nature of Course
A090901T	Guidance Psychology	04	Theory (Core Compulsory)
A090902T	Advanced Research Methodology	04	
Choose Any One Group			
Group - A			
A090903T	Child Psychology	04	Theory (Elective)
A090904T	Psychopathology of Childhood and Adolescence	04	
Group - B			
A090905T	Biological Bases of Behaviour	04	Theory (Elective)
A090906T	Environmental Psychology	04	
Practical / Project Work			
A090907P	Testing and Analytical Practices	04	Practical (Compulsory)
A090908R	Major Research Project	04	Research Project (Compulsory)

    
Asim R. Tiwari  
Dr. Anshu  
07-08-2023  
Anshu

# SEMESTER – IV (X)

Choose Any One Group			
Group - A			
Course Code	Paper/Course Title	Credits	Nature of Course
A091001T	Organizational Behaviour	04	Theory (Elective)
A091002T	Organizational Change and Development	04	
A091003T	Human Resource Management	04	
A091004T	Stress Management	04	
Group - B			
A091005T	Clinical Psychology: Basics and Assessment	04	Theory (Elective)
A091006T	Clinical Intervention: Psychotherapy	04	
A091007T	Advanced Psychopathology	04	
A091008T	Health Psychology	04	
Practical / Project Work			
A091009P	Testing and Training	04	Practical (Compulsory)
A091010R	Major Research Project	04	Research Project (Compulsory)


 Asim R. Tiwana
 
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 Anurag Srivastava
 07.08.2023



## Evaluation Pattern for Theory/Practical Courses

Maximum Marks = 100		Passing Marks = 35	
Maximum Marks of External Assessment (University Exam)	Maximum Marks of Continuous Internal Evaluation (CIE)	University Exam (UE)	Continuous Internal Evaluation (CIE)
75	25	25	10

## Pattern for Continuous Internal Evaluation (CIE) of Theory Courses

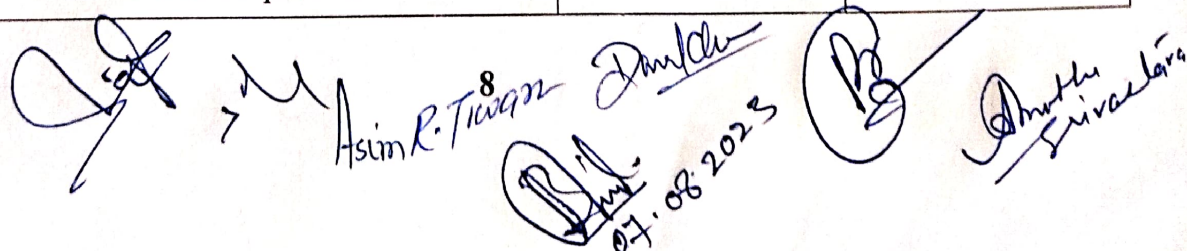
Nature of Exam	Marks	Total Marks
Attendance	5	25
Home Assignment	5	
Mid Term/Semester Exam	15	

## Evaluation Pattern for External Assessment (UE) of Practical Courses

Examination Pattern	Marks	Total Marks
Written Exam	50	75
Viva Voce	25	

## Pattern for Continuous Internal Evaluation (CIE) of Practical Courses

Examination Pattern	Marks	Total Marks
Attendance	5	25
Practical File Preparation	20	


  
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 Anurag Srivastava

**SEMESTER – I (VII)  
COURSE – 1  
THEORY**

Name of Academic Programme/ Class	Bachelor (Research) in Psychology (P.G., Year : First)	
Subject	Psychology	
Course/Paper Code	A090701T	
Nature of Course/Paper	Theory (Core Compulsory)	
Course/Paper Title	Cognitive Psychology: Attention and Perception	
Course to be offered in the Semester of	Semester – I	
Credit Assigned:	04	
Course Objective	To impart fundamental knowledge of applied aspect of Cognitive Psychology.	
Course Outcomes	<p>Completion of the course help/make the students:</p> <ul style="list-style-type: none"> <li>• Possess insight into the topic of Perception and Attention.</li> <li>• Possess deep and subtle intricacies about the process and theories of Selective Attention.</li> <li>• Applying this knowledge to improve Attention and minimize Distraction.</li> <li>• Possess vast and exhaustive understanding about the theories of Perception and Attention.</li> <li>• Helpful in applying this knowledge to facilitate the process of Perception.</li> </ul>	
Unit	Topic	Number of Lectures (In Hours)
I	Concept of Cognition: Meaning, Nature, Scope and Methods of Cognitive Psychology.	12
II	Attention: Concept, Nature, Types and Determinants of Attention, Concept of Selective Attention, Theories of Selective Attention- Bottleneck Theories and Capacity Model.	12
III	Perception: Concept and Nature of Perception, Perceptual Threshold, Perceptual Defence, Theories of Perception- Information Processing and Gestaltic Approach, Concept of Pattern Recognition and Process of Pattern Recognition- Top-Down and	13

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	Bottom-Up Processing. Theories of Pattern Recognition- Distinction Feature and Prototype-Matching Theories.	
IV	Distance Perception: Concept of Distance/Depth Perception: Monocular and Binocular Cues. Theories- Empiricist's and Gibson's Theory.	12
V	Time and Movement Perception: Mechanism of Movement Perception, Physical Movement, Apparent Movement. Time Perception: The Biological Clock Theory. Determinants of Time Perception.	11
Course Pre-Requisites	<b>To study this course, a student must have had the subject Psychology in UG class as major subject.</b>	

#### Suggested Readings:

1. Salro, R. L. (2001). Cognitive Psychology. Pearson Education.
2. Anderson, John R. (2004). Cognitive Psychology and Its Implications (6th ed.). Worth Publishers.
3. Gallotti, K. M. (2004). Cognitive Psychology. Thompson- Wadsworth.
4. Sternberg, R. J. (2009). Applied Cognitive Psychology. Cengage Learning.
5. Matlin, M. W. (2013). Cognitive Psychology (8<sup>th</sup> Edition). International Student Version. Wiley Publication.
6. श्रीवास्तव, बी. एवं अन्य (2013). संज्ञानात्मक मनोविज्ञान, मोतीलाल बनारसीदास, वाराणसी ।

7. सिंह, ए. के. (2006). संज्ञानात्मक मनोविज्ञान, मोतीलाल बनारसीदास, वाराणसी ।  
 8. सिंह आर. एन. एवं अन्य (2023) उच्च संज्ञानात्मक मनोविज्ञान, मोती लाल बनारसीदास, वाराणसी ।

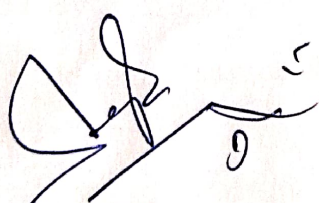
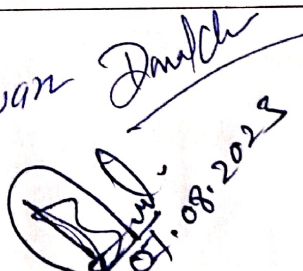

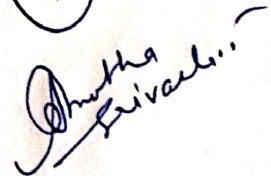
#### Suggested Equivalent Online Courses

- Swayam <https://swayam.gov.in/>
- Coursera <https://www.coursera.org/>
- Udemmy <https://www.udemy.com/>

*Asim R. Tiwari*  
*07.08.2023*  
*Dr. Anurag Srivastava*

**SEMESTER – I (VII)**  
**COURSE – 2**  
**THEORY**

Name of Academic Programme/Class	Bachelor (Research) in Psychology (P.G., Year : First)	
Subject	Psychology	
Course/Paper Code	A090702T	
Nature of Course/Paper	Theory (Core Compulsory)	
Course/Paper Title	Advanced Social Psychology	
Course to be offered in the Semester of	Semester – I	
Credit Assigned:	04	
Course Objective	To acquaint the students with the different areas of Advanced Social Psychology and the problems of society.	
Course Outcomes	<p>Completion of the course will facilitate the students:</p> <ul style="list-style-type: none"> <li>• Have better grasp over the subject matter.</li> <li>• Have detailed knowledge about the social scenario with reference to the recent trends in Social Psychology.</li> <li>• Have mastery over the social behaviour.</li> <li>• Have sufficient prudence to apply the social concepts in day-to-day life.</li> <li>• To understand the intergroup relation, conflict and stereotypes existing in society.</li> </ul>	
Unit	Topic	Number of Lectures (In Hours)
I	Social Psychology: Concept, Area and Application, Level of Analysis and Approaches, Recent Advancement with Special Emphasis on its Growth in India.	12


 Asim R. Tiwari
 
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II	Attitude: Concept and components of attitude. Attitude change: Concept and factors of attitude change. Theories – Heider's Balance theory, Festinger's Cognitive Dissonance theory, Rosenberg's affective-cognitive consistency theory and Social learning theories.	12
III	Aggressive and Altruistic behaviour  Aggression: Meaning, Nature and Determinants. Theories of Aggression- Instinct Theory, Frustration-Aggression and Social Learning Theories. Aggression and Social violence.  Altruism: Meaning and types. Theories of Altruism- Social Exchange, Social Norm and Reinforcement theories.	12
IV	Inter Group Relations: Group- Definition, In and Out group. Prejudice- Meaning, Types, Development, Causes and Advantage and Disadvantage. Stereotypes- Meaning, Importance, Development and Determinants. Intergroup Conflict- Social Tension and Conflict in India. Use of Gandhian Principles to reduce social tension and conflict.	13
V	Current Social Problems: Deprivation, Gender Related issues, Socially Disadvantaged Groups, Action Research and Reorientation of Social Psychology.	11
<b>Course Pre-Requisites</b>		<b>To study this course, a student must have had the subject Psychology in UG class as major subject.</b>

**Suggested Readings:**

1. Feldman, R. S. (1985). Social Psychology: Theory, Research and Applications, McGraw Hill: New Delhi.
2. Baron, R. A. & Byrne, D.P. (1987). Social Psychology. Fifth Edition, Prentice Hall (India): New Delhi.
3. John D. Delamater & Daniel J. Myers (2009). Textbook of Social Psychology. CENGAGE Learning, Delhi.
4. Roy, F. Baumeister & Brad Bushman (2009). Fundamentals of Social Psychology. CENGAGE Learning, Delhi.
5. सुलेमान, मुहम्मद (2014). उच्चतर समाज मनोविज्ञान, मोतीलाल बनारसीदास, पटना।
6. सिंह, ए. के. (2021). समाज मनोविज्ञान की रूपरेखा, मोतीलाल बनारसीदास, पटना।

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Date 01.08.2023  
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7. बैरन, आर. ए. (2004). सामाजिक मनोविज्ञान, पियरसन इड्यूकेशन, दिल्ली ।

8. त्रिपाठी, एल. बी. (2016). आधुनिक सामाजिक मनोविज्ञान, एच.पी. भार्गव बुक हाउस, आगरा ।

9. श्रीवास्तव, आर. एवं अन्य (2008). आधुनिक सामाजिक मनोविज्ञान, मोतीलाल बनारसीदास ।

Suggested Equivalent Online Courses

- Swayam <https://swayam.gov.in/>
- Coursera <https://www.coursera.org/>
- Udemmy <https://www.udemy.com/>



Dr. Asim R. Tiwari  
07.07.2023

Dr. Shilpa Srivastava



**SEMESTER – I (VII)**  
**COURSE – 3**  
**THEORY**

Name of Academic Programme/ Class	Bachelor (Research) in Psychology (P.G., Year : First)	
Subject	Psychology	
Course/Paper Code	A090703T	
Nature of Course/Paper	Theory (Core Compulsory)	
Course/Paper Title	Perspectives of Personality	
Course to be offered in the Semester of	Semester – I	
Credit Assigned:	04	
Course Objective	The basic aim of this course is to acquaint students with the stand point and outlook about the fundamentals of Personality.	
Course Outcomes	<p>At the end of the course the students will:</p> <ul style="list-style-type: none"> <li>• Be aware of the basic concept and complete meaning of Personality.</li> <li>• Possess in-depth knowledge about the numerous theories of Personality.</li> <li>• Be able to correlate the view of different Personality theorists with day-to-day life.</li> <li>• Be able to verify the relevance as well as the applied aspect of Personality theories.</li> <li>• Build an overall opinion about how Personality works and what is it's role in human behaviour.</li> </ul>	
Unit	Topic	Number of Lectures (In Hours)
I	Concept of Personality, Determinants of Personality: Biological, Psychological, Social and Cultural Determinants. Concept of Personality in Upanishad's, Buddhism and Sufism.	12
II	Psychoanalytic Perspective: Freud's Psychoanalytic Theory of Personality, Jung's Theory of Personality, Erikson's Theory of Personality.	11

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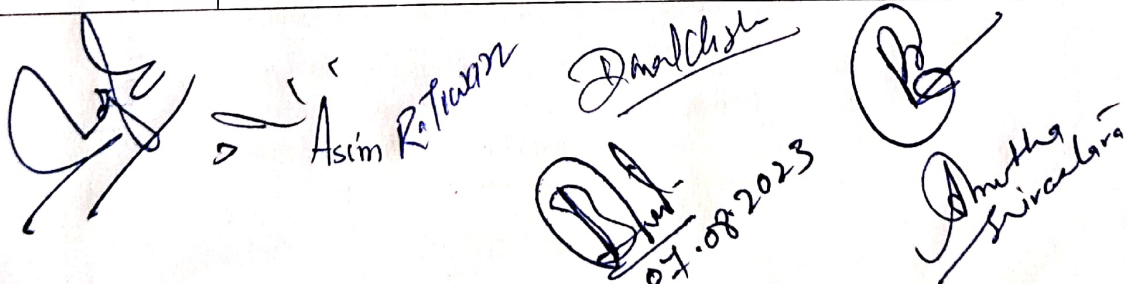
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Anurag Srivastava

III	(I) Humanistic Perspective: Carl Rogers's and Maslow's Theory of Personality. (II) Topological Perspective: Lewin's Field Theory of Personality.	14
IV	Trait Perspective: Allport's, Cattell's, Eysenck's Theory and Big Five Model of Personality.	12
V	Behaviouristic/Social Learning Perspective: Bandura's and Dollard & Miller's Theory of Personality.	11
<b>Course Pre-Requisites</b>		<b>To study this course, a student must have had the subject Psychology in UG class as major subject.</b>

**Suggested Readings:**

1. Jess Feist, Gregory Feist & Roberts, T. (2018). Theory of Personality (9/E). McGraw Hill.
2. Hall, C. S. Lindsey, G. & J.B. (2007) Theory of Personality. (4/E). Wiley.
3. Friedman, H.S. & Schustack, M.W. (2003). Personality Classic Theory and Modern Research (2/E) Pearson Education.
4. Larson R. J & Buss, D.M. (2000) Personality Psychology. Tata McGraw-Hill.
5. Pervin, A. (1984). Personality: Theory and Research. New York: John Wiley & Sons.
6. Kothari, V. (2018). Personality Theories and Assessment. Spring Season Publication.
7. श्रीवास्तव, आर. जे. तथा अन्य (2003). व्यक्तित्व मनोविज्ञान (2/ E) मोतीलाल बनारसीदास ।
8. श्रीवास्तव, डी. एन. (2008). व्यक्तित्व का मनोविज्ञान (8/ E), अग्रवाल पब्लिकेशन ।

<b>Suggested Equivalent Online Courses</b>	<ul style="list-style-type: none"> <li>• Swayam <a href="https://swayam.gov.in/">https://swayam.gov.in/</a></li> <li>• Coursera <a href="https://www.coursera.org/">https://www.coursera.org/</a></li> <li>• Udemy <a href="https://www.udemy.com/">https://www.udemy.com/</a></li> </ul>
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 The bottom of the page features several handwritten signatures and a date stamp. From left to right, there is a signature, the name 'Asim R. Tiwari', a signature 'Dhawal Chandra', a circular stamp with the date '07.08.2023', and another signature 'Anurag Srivastava'.



**SEMESTER – I (VII)**  
**COURSE – 4**  
**THEORY**

Name of Academic Programme/Class	Bachelor (Research) in Psychology (P.G., Year : First)	
Subject	Psychology	
Course/Paper Code	A090704T	
Nature of Course/Paper	Theory (Core Compulsory)	
Course/Paper Title	Psychometric Methods	
Course to be offered in the Semester of	Semester – I	
Credit Assigned:	04	
Course Objective	To familiarize the students with the theoretical and practical application of the Psychometric Methods used in Psychology.	
Course Outcomes	<p>After covering the entire course the students will:</p> <ul style="list-style-type: none"> <li>• Have deep control over the basic concept of Measurement.</li> <li>• Have apparent thought about the process and theories of Test Construction.</li> <li>• Develop understanding about the writing pattern and the criteria of good measurement.</li> <li>• Be able to construct, analyse and standardize Psychological Tests.</li> </ul>	
Unit	Topic	Number of Lectures (In Hours)
I	<p>Psychometrics: Meaning and Nature.</p> <p>Measurement: Concept, Levels and Types.</p> <p>Scaling: Unidimensional and Multidimensional.</p>	13
II	<p>Test Theory: Classical Test Theory: Obtained Score, True Score and Error Component, Domain Sampling Model, Item Response Theory.</p>	11

III	Test Construction: Meaning and Definition of Psychological Test, Steps Involved in Construction of Test, Item Analysis: Methods- Item Difficulty and Item Discrimination.	12
IV	Standardization: Concept, Nature and Uses. Reliability: Concept and Types - Alternate Form, Test-Retest and Internal Consistency Method. Validity: Concept, Validation Criteria and Types- Content Validity, Predictive Validity and Construct Validity.	13
V	Factor Analysis: Definition, Nature and Application. Community Value. Types of Factors Analysis- Exploratory and Confirmatory.	11
<b>Course Pre-Requisites</b>		<b>To study this course, a student must have had the subject Psychology in UG class as major subject.</b>

#### Suggested Readings:

1. Guilford J. P. (1975). Psychometric Methods. Tata McGraw Hill Publishing Company Ltd.
2. Price L. R. (2017). Psychometrics Methods Theory into Practice Guilford Press.
3. Nunnally J. C. (1981). Psychometric Theory Tata McGraw-Hill Publishing Company Ltd.
4. Anastasi, Anne & Urbina S. (1997). Psychological Testing (6th Edn.) London: MacMillan Publishing Company.
5. Freeman, Frank, S. (1971). Theory and Practice of Psychological Testing. New Delhi : Oxford & IBH Publishing Co. Pvt. Ltd.
6. Gregory, R. J. (2004). Psychological Testing. Pearson Education.
7. Kaplan, R. M. & Saccuzzo, D. P. (2013). Psychological Assessment and Theory. Cengage Learning.
8. Gregory, R. J. (2014). Psychological Testing: History, Principles and Applications, 6ed., New Delhi: Pearson India Education.
9. श्रीवास्तव, आर. तथा अन्य. (1999). मनोवैज्ञानिक एवं शैक्षिक मापन, मोतीलाल बनारसीदास वाराणसी ।
10. श्रीवास्तव, डी. एन. (2002). मनोवैज्ञानिक अनुसंधान एवं मापन, श्री विनोद पुस्तक मंदिर आगरा ।
11. भार्गव एवं भार्गव (2013). आधुनिक मनोविज्ञान परीक्षण एवं मापन एच. पी. भार्गव बुक हाउस, आगरा ।

#### Suggested Equivalent Online Courses


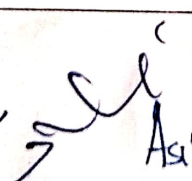
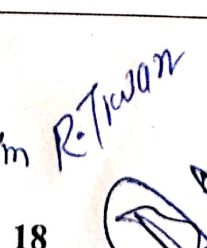
- Swayam <https://swayam.gov.in/>
- Coursera <https://www.coursera.org/>
- Udemy <https://www.udemy.com/>



**SEMESTER – I (VII)**  
**COURSE – 5**  
**PRACTICAL**

Name of Academic Programme/Class	Bachelor (Research) in Psychology (P.G., Year : First)	
Subject	Psychology	
Course/Paper Code	A090705P	
Nature of Course/Paper	Practical (Compulsory)	
Course/Paper Title	Experimentation and Psychological Testing	
Course to be offered in the Semester of	Semester – I	
Credit Assigned:	04	
Course Objective:	The purpose of the practical course is to help the students correlate the theoretical concepts and outcomes with its demonstration in the applied form (special emphasis in real life having social relevance).	
Course Outcomes:	<p>After completion of the course, the students will be:</p> <ul style="list-style-type: none"> <li>• Able to understand and conduct experiments with standard procedure.</li> <li>• Able to collect, analyze, interpret data and write reports on its basis.</li> <li>• Able to develop understanding about the theoretical concepts through the administration and interpretation of Tests of various areas of Psychology.</li> </ul>	
Practical derived from following Theory Courses	Topic	Number of Lectures (In Hours)
Cognitive Psychology- Attention and Perception (Core Compulsory)	1- Experiment on Perceptual Defence.	24
	2- Experiment on Selective Attention/Span of Attention.	24

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Advanced Social Psychology (Core Compulsory)	3- Comparative Study of Attitude.	24
	4- Comparative Study of Prejudice.	24
Perspectives of Personality (Core Compulsory)	5- Measurement of Personality by any Self-Report Inventory.	24
	6- Measurement of Big Five Factors of Personality.	24
Psychometric Methods (Core Compulsory)	7- Determination of reliability using any reliability method.	24
	8- Development of two or three point rating questionnaire on any variable of interest.	24
Course Pre-Requisites	To study this course, a student must have had the subject Psychology in U.G. as a major subject.	

#### Suggested Readings:

1. Mohsin, S. M. (1985). Experiments in Psychology- Moti Lal Banarasi Das, New Delhi.
2. Hussain, A. (2014). Experiments in Psychology- PHI Learning Private Limited, New Delhi.
3. श्रीवास्तव, आर. एवं अन्य (2006). मनोवैज्ञानिक प्रयोग एवं परीक्षण, मोतीलाल बनारसीदास, वाराणसी।
4. सुलेमान, एम. एवं तरत्रुम, आर. (2010). मनोविज्ञान में प्रयोग एवं परीक्षण, मोतीलाल बनारसीदास, वाराणसी।

**Note:** In the P.G. 1<sup>st</sup> Semester, the student will have to carry out five (5) Practical from the above given list.

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**SEMESTER – I (VII)**  
**COURSE – 6**  
**RESEARCH PROJECT**

<b>Name of the Academic Programme/Class</b>	Bachelor (Research) in Psychology (P.G., Year : First)
<b>Subject</b>	Psychology
<b>Course/Paper Code</b>	A090706R
<b>Nature of Course/Paper</b>	Research Project (Compulsory)
<b>Course/Paper Title</b>	Major Research Project
<b>Course to be offered in the Semester of</b>	Semester – I
<b>Credit Assigned:</b>	04
<b>Course Objective</b>	The main aim of this major research project is to familiarize the students not only with the process and procedure of research but also with the empirical basis.
<b>Course Outcomes</b>	At the end of this project the students will be: <ul style="list-style-type: none"> <li>• Able to analyze critically and scrutinise the scientific grounds applied, add from own learning &amp; experience as a student of Psychology.</li> <li>• Able to explore the cultural, social and ethical impact of Psychology in his/her own community and daily life.</li> </ul>
<p><b>Note:</b> Major Research Project is compulsory. Students will have to select the topic for the major research project with the consent of Research Project Supervisor. For the purpose of the research project, Students will carry out the work in group of 5-8 but will write the report individually. The report shall be in APA format.</p>	
<b>Course Pre-Requisites</b>	To study this course, a student must have had the subject Psychology in UG class as major subject.
<p><b>Suggested Readings:</b></p> <p>1. The Supervisor will provide the research material to the students.</p>	

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**SEMESTER – II (VIII)**  
**COURSE – I**  
**THEORY**

Name of Academic Programme/ Class	Bachelor (Research) in Psychology (P.G., Year : First)	
Subject	Psychology	
Course/Paper Code	A090801T	
Nature of Course/Paper	Theory (Core Compulsory)	
Course/Paper Title	Cognitive Psychology: Memory and Thinking	
Course to be offered in the Semester of	Semester – II	
Credit Assigned:	04	
Course Objective	To deliver knowledge related to theoretical as well as applied aspect of Cognitive Psychology.	
Course Outcomes	<p>Fulfilment of the course will benefit the students:</p> <ul style="list-style-type: none"> <li>• By making them understand the topic of Memory, Forgetting and Thinking in a more comprehensive way.</li> <li>• By making them to analyse precisely the models and theories of Cognitive Psychology.</li> <li>• By making them to utilize this knowledge in enhancing Memory and reducing Forgetting.</li> <li>• By making them to build their own way of Thinking.</li> </ul>	
Unit	Topic	Number of Lectures (In Hours)
I	Memory : Meaning, Nature and Process of Memory. Types of Memory- Sensory, Short Term and Long Term Memory. Models of Memory: Waugh Norman's Model, Atkinson-Shiffrin Model and Level of Processing Model.	13
II	Negative Memory: Meaning, Nature and Determinants of Forgetting, Forgetting Curve. Theories of Forgetting: Decay, Perseveration-Consolidation and Interference Theories.	11

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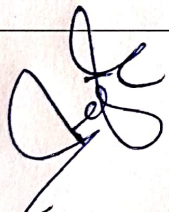
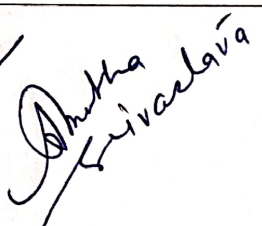
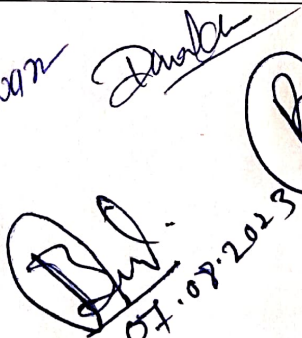


III	Concept Formation: Meaning, Nature and Determinants. Rules of Concept Formation. Ill-Defined and Well-Defined Concepts. Associative and Hypothesis Testing Theory.	12
IV	Problem Solving and Creativity: Problem Solving: Meaning, Nature, Steps and Determinants. Strategies of Problem Solving- Random Search and Heuristic Search Strategies.	11
V	Creativity: Meaning, Nature, Stage and determinants. Decision Making: Meaning, Nature and Heuristics of Decision Making, Framing Effect.	13
<b>Course Pre-Requisites</b>		<b>Only for those who took Psychology as subject in PG first semester.</b>

**Suggested Readings:**

1. Salro, R. L. (2001). Cognitive Psychology. Pearson Education.
2. Anderson, John R. (2004). Cognitive Psychology and Its Implications (6th ed.). Worth Publishers.
3. Gallotti, K. M. (2004). Cognitive Psychology. Thompson- Wadsworth.
4. Sternberg, R. J. (2009). Applied Cognitive Psychology. Cengage Learning.
5. Matlin, M. W. (2013). Cognitive Psychology (8<sup>th</sup> Edition). International Student Version. Wiley Publication.
6. श्रीवास्तव, बी. एवं अन्य (2013). संज्ञानात्मक मनोविज्ञान, मोतीलाल बनारसीदास, वाराणसी |
7. सिंह, ए. के. (2006). संज्ञानात्मक मनोविज्ञान, मोतीलाल बनारसीदास, वाराणसी |

<b>Suggested Equivalent Online Courses</b>	<ul style="list-style-type: none"> <li>• Swayam <a href="https://swayam.gov.in/">https://swayam.gov.in/</a></li> <li>• Coursera <a href="https://www.coursera.org/">https://www.coursera.org/</a></li> <li>• Udemy <a href="https://www.udemy.com/">https://www.udemy.com/</a></li> </ul>
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**SEMESTER – II (VIII)**  
**COURSE – 2**  
**THEORY**

Name of Academic Programme/Class	Bachelor (Research) in Psychology (P.G., Year : First)	
Subject	Psychology	
Course/Paper Code	A090802T	
Nature of Course/Paper	Theory (Core Compulsory)	
Course/Paper Title	Basic Research Methodology	
Course to be offered in the Semester of	Semester – II	
Credit Assigned:	04	
Course Objective	The paper aims to enable students to develop the knowledge base for conducting experiments & research in Psychology. It will help students to apply their theoretical knowledge to the practical domain.	
Course Outcomes	After course completion the students shall: <ul style="list-style-type: none"> <li>• Have understanding of steps involved in conducting research.</li> <li>• Develop skill for conducting research in Psychology.</li> <li>• Be aware about the ethics &amp; sampling issues in research.</li> </ul>	
Unit	Topic	Number of Lectures (In Hours)
I	Psychological Research: Meaning, Characteristics and Need. Types of Research in Psychology.	12
II	Variables: Meaning and Types. Control of relevant variables.	10
III	Problem and Hypothesis: Problem - Origin, Sources and Special features. Hypotheses -Meaning, Sources and Types. Importance of Literature Review.	12
IV	Sampling: Meaning, Purpose and Types- Probability and Non-probability. Factors influencing sampling decisions: Size, Accessibility and Cost. Sampling errors and its types.	14

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V	Ethics in Research: Research Steps. Ethical issues in Psychological Research (APA). Ethics in research publications.	12
Course Pre-Requisites	Only for those who took Psychology as subject in PG first semester.	
<b>Suggested Readings:</b> <ol style="list-style-type: none"> <li>1. Kumar, R. (2009). Research Methodology: A step by step guide for Research, Delhi: Pearson Edition.</li> <li>2. Singh, A.K (2009). Tests, Measurement and Research Methods in Behavioural Sciences. Delhi, Bharti Bhawan Publisher.</li> <li>3. Broota, K.D. (1992). Experimental Design in Behavioural Research, Wiley Eastern, New Delhi.</li> <li>4. George, D. &amp; Mallery, P. (2012). SPSS for Windows step by step. India, Pearson.</li> <li>5. J.A. Gliner, G.A. Morgan, &amp; N.L. Leech. (2009). Research methods in applied setting: An integrated approach to design and analysis, 2ed., New York: Routledge (Taylor and Francis Group).</li> <li>6. Kerlinger, Fred. N. (1973). Foundation of behavioural research, 2nd Edition, New York, Holt Rinehart &amp; Winston.</li> <li>7. Kothari, C.R. &amp; Garg, G. (2019). Research Methodology- Methods &amp; Techniques, 4ed., New Age International (P.) Ltd. New Delhi.</li> <li>8. Walliman, N. (2001). Your research project: A step by step guide for the first-time researcher. London: Sage.</li> <li>9. श्रीवास्तव, डी. एन. (2002). मनोवैज्ञानिक अनुसंधान एवं मापन, श्री विनोद पुस्तक मंदिर आगरा  </li> <li>10. त्रिपाठी, एल. बी., अग्रवाल, ऐ., मिश्रा. एवं श्रीवास्तव, ऐ. एन.   (2002). मनोवैज्ञानिक अनुसन्धान पद्धतियाँ   हर प्रसाद भार्गव पब्लिकेशन, आगरा  </li> </ol>		
<b>Suggested Equivalent Online Courses</b>		<ul style="list-style-type: none"> <li>• Swayam <a href="https://swayam.gov.in/">https://swayam.gov.in/</a></li> <li>• Coursera <a href="https://www.coursera.org/">https://www.coursera.org/</a></li> <li>• Udemy <a href="https://www.udemy.com/">https://www.udemy.com/</a></li> </ul>

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**SEMESTER – II (VIII)**  
**COURSE – 3**  
**THEORY**

Name of Academic Programme/ Class	Bachelor (Research) in Psychology (P.G., Year : First)	
Subject	Psychology	
Course/Paper Code	A090803T	
Nature of Course/Paper	Group - A : Theory (Elective)	
Course/Paper Title	Assessment of Personality	
Course to be offered in the Semester of	Semester – II	
Credit Assigned:	04	
Course Objective	To train the students learn Measurement and use distinct method to quantify Personality.	
Course Outcomes	<p>When the course is completed the students will:</p> <ul style="list-style-type: none"> <li>• Possess enough knowledge about Measurement of Personality and its importance.</li> <li>• Be able to know in detail the types of Personality.</li> <li>• Possess deep understanding about the various methods of obtaining information regarding Personality.</li> <li>• Be able to use indirect method to measure Personality for regulating behaviour.</li> </ul>	
Unit	Topic	Number of Lectures (In Hours)
I	Measurement: Meaning and Nature. Personality Measurement: Meaning and Importance. Classification of Personality Test.	12
II	Types of Personality: Eysenck's, Jung's and Myers'-Briggs type indicator (MBTI).	10
III	Behavioural Methods: Interview, Observation, Case Study Method and Rating Scales.	13
IV	Psychometric Methods: Meaning and Types of Personality Inventory- MPI, MMPI, 16PF.	12

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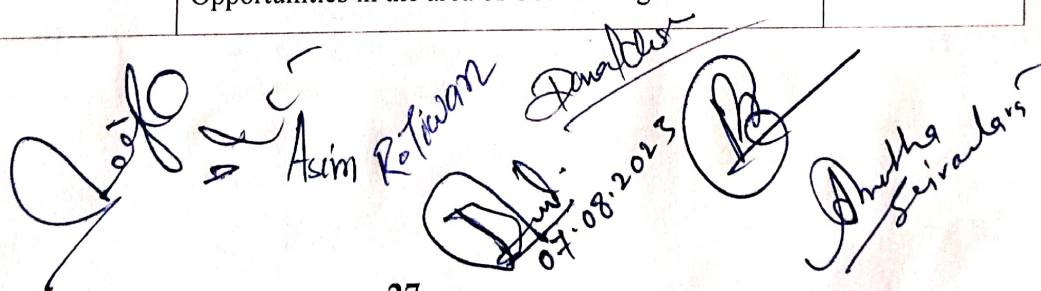
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**SEMESTER – II (VIII)**  
**COURSE – 4**  
**THEORY**

Name of Academic Programme/ Class	Bachelor (Research) in Psychology (P.G., Year : First)	
Subject	Psychology	
Course/Paper Code	A090804T	
Nature of Course/Paper	Group - A : Theory (Elective)	
Course/Paper Title	Counselling Psychology	
Course to be offered in the Semester of	Semester – II	
Credit Assigned:	04	
Course Objective	The basic purpose of this course is to provide comprehensive knowledge of Counselling Psychology.	
Course Outcomes	<p>When the course is completed the students will:</p> <ul style="list-style-type: none"> <li>• Be able to understand the notion of Counselling.</li> <li>• Possess comprehensive information about Counselling processes.</li> <li>• Possess broad grasp over the ways and means to explain Counselling techniques.</li> <li>• Be aware of the applied areas of Counselling for betterment.</li> <li>• Possess expert skills in the area of practice.</li> </ul>	
Unit	Topic	Number of Lectures (In Hours)
I	Counselling: Concept, Nature, Scope and Functions. Current Trends and Future Orientation in Counselling. Counselling in Indian context.	12
II	Counselling Profession: Professional and Ethical Issues in Counselling, Ethical and Legal Dilemmas. Opportunities in the area of Counselling.	11


  
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III	Approaches to Counselling: Psychoanalytic Approach- Freudian and Analytic, Cognitive Behaviour Approaches: Behavioural and Cognitive, Humanistic-Existential Approach: Person Centred and Existential Phenomenological.	13
IV	Life Course and Counselling: Counselling for children, Adolescents, Young adults, Midlife and Elderly People.	12
V	Counselling for Exceptional Children: Meaning, Nature. Counselling of - Physically challenged children, mentally retarded children and gifted children.	12
Course Pre-Requisites		Only for those who took Psychology as subject in PG first semester.

#### Suggested Readings:

1. Wolfs, R. & Dryden, W. (1998). Handbook of Counselling Psychology. Sage Publications, London.
2. Feltham, C. & Morton, (2000). Handbook of Counselling and Psychotherapy. Sage Publications, New Delhi.
3. Brown, S. D. & Lent, R.W. (2002). Handbook of Counselling Psychology. New York: John Wiley & Sons.
4. Alam, S. (2011). Modern Concept of Guidance and Counselling. Gyananda Prakashan, Ansari Road, New Delhi.
5. Seligman, L. & Reichenberg, L. W. (2010). Theories of Counselling and Psychotherapy. PHI Learning.
6. राय, ए. एवं अस्थाना, एम. (2005). निर्देशन एवं परामर्शन (सम्प्रत्यय, क्षेत्र एवं उपागम), मोतीलाल बनारसीदास ।
7. अग्निहोत्री, के. (2010). शिक्षा में निर्देशन एवं परामर्शन के मूल तत्व, आर. एस. ए. इंटरनेशनल ।
8. उपाध्याय, आर. जायसवाल, एस. (2013). शिक्षा में निर्देशन एवं परामर्शन की भूमिका, अग्रवाल

9. सि. आर. ए. एवं अन्य (2023), निर्देशन एवं परामर्शन की शिक्षा, मोतीलाल बनारसीदास ।

#### Suggested Equivalent Online Courses

- Swayam <https://swayam.gov.in/>
- Coursera <https://www.coursera.org/>
- Udemy <https://www.udemy.com/>

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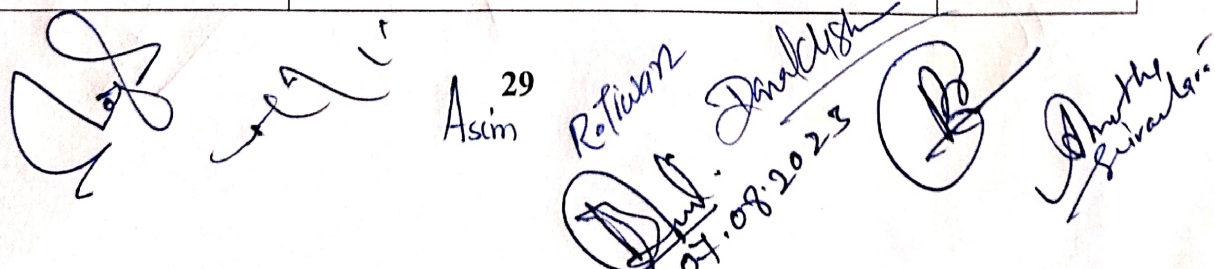
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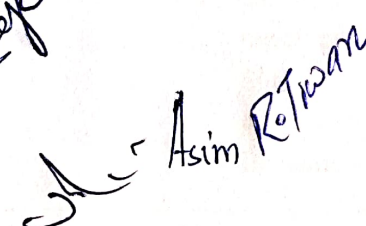
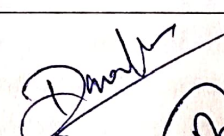
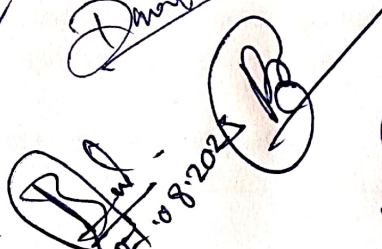
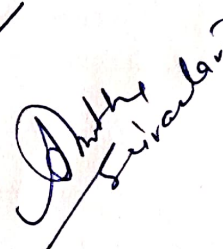
**SEMESTER – II (VIII)**  
**COURSE – 5**  
**THEORY**

Name of Academic Programme/Class	Bachelor (Research) in Psychology (P.G., Year : First)	
Subject	Psychology	
Course/Paper Code	A090805T	
Nature of Course/Paper	Group - B : Theory (Elective)	
Course/Paper Title	Sports Psychology	
Course to be offered in the Semester of	Semester – II	
Credit Assigned:	04	
Course Objective	This course will help students to enrich their knowledge about the psychological factors influencing sports performance and plan stress management techniques as per the sports requirements.	
Course Outcomes	<p>After completion of this subject students will be able:</p> <ul style="list-style-type: none"> <li>• To develop better training &amp; development programme for the sports person.</li> <li>• To help in inculcating leadership in sports person.</li> <li>• To help to enhance an individual's athletic performance.</li> </ul>	
Unit	Topic	Number of Lectures (In Hours)
I	Sports Psychology: Nature and History of Sports Psychology, Scope of Sports Psychology, Role of Sports Psychologist in performance enhancement.	14
II	Motivation: Meaning and Types, Achievement Motivation theory and it's role in Sports.	12
III	Leadership in Sports: Styles of Leadership, Qualities of a good Leader, Importance of Leadership in Sports.	10
IV	Understanding & Managing Stress in Sports: Stress-meaning & types, Models of Stress – GAS (General Adaptation Syndrome Model), Causes of Stress in Sports Person.	10


  
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V	Stress Management in Sports: Cognitive-Behavioural Stress Management in Sports Psychology, Relaxation techniques, Yoga, Meditation & Bio-feedback training.	14
Course Pre-Requisites	Only for those who took Psychology as subject in PG first semester.	
<b>Suggested Readings:</b>		
<ol style="list-style-type: none"><li>1. Tenenbaum, G. &amp; Eklund, R. (2007). Hand book of Sport Psychology,3ed. John Wiley and Sons, inc. United States of America.</li><li>2. Srivastava, A. K. (1999). Management of Occupational Stress: Theories and Practice. New Delhi: Gyan Publication House.</li><li>3. Pestonjee, D. M. (1992). Stress and Coping, New Delhi: Sage Publication.</li><li>4. Sahni, N. K. &amp; Jain, R. (2011). Management Concepts &amp; Organizational Behaviour. Kalyani Publishers, New Delhi.</li><li>5. Cox, Richard. (2012). Sports Psychology-concepts and applications,7ed. Mc Graw Hill Publications, New York.</li><li>6. Perry, J. (2016). Sport Psychology: A Complete introduction. Teach Yourself.</li><li>7. Cotterill, S. Weston, N. &amp; Breslin (2016). Sport and Exercise Psychology: Practitioner case studies. Weley. Blackwell.</li></ol>		
Suggested Equivalent Online Courses	<ul style="list-style-type: none"><li>• Swayam <a href="https://swayam.gov.in/">https://swayam.gov.in/</a></li><li>• Coursera <a href="https://www.coursera.org/">https://www.coursera.org/</a></li><li>• Udemy <a href="https://www.udemy.com/">https://www.udemy.com/</a></li></ul>	

**SEMESTER – II (VIII)**  
**COURSE – 6**  
**THEORY**

Name of Academic Programme/Class	Bachelor (Research) in Psychology (P.G., Year : First)	
Subject	Psychology	
Course/Paper Code	A090806T	
Nature of Course/Paper	Group – B : Theory (Elective)	
Course/Paper Title	Educational Psychology	
Course to be offered in the Semester of	Semester – II	
Credit Assigned:	04	
Course Objective	To show the importance of psychological interplay in education and to provide in depth knowledge about the use of psychological methods in education.	
Course Outcomes	<p>The completion of this course will:</p> <ul style="list-style-type: none"> <li>• Be helpful in providing knowledge about the origin and understanding of the basis of Educational Psychology.</li> <li>• Be helpful in dealing with the psychological knowledge required in education.</li> <li>• Be helpful in the study of different types of human development and its impact on educational growth.</li> <li>• Show the importance of applied aspect of Psychology in education.</li> <li>• Be helpful in assessment and grading.</li> </ul>	
Unit	Topic	Number of Lectures (In Hours)
I	Educational Psychology: Meaning, Nature, Scope and History of its Development in Indian Context.	10

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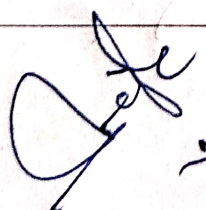
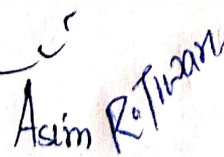
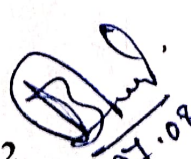
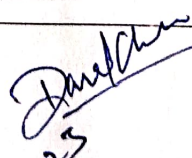

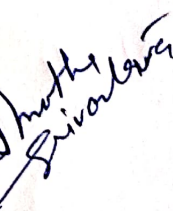
II	Psychological Bases of Education: Education, It's Definition and Dependence upon Knowledge of Psychology, Utility of Psychology in Education, Modern Psychological Methods of Study, Concept and process of Learning involved in Educational Psychology.	12
III	Education and Human Differences, Human Growth and Development: Individual and Group Differences in Intelligence, Cultural Differences in Learning Style, Heredity and Environment, Physical and Motor Development and Intelligence.	13
IV	Instruction Techniques for Effective Teaching: The Psychology of Teaching: It's Objectives and Characteristics of Effective Teachers, The Teachers Adjustment, Different Methods of Teaching: Discussion, Inductive or Logical Analysis and Computer Assisted Instruction Method.	12
V	Educational Assessment: Measurement and Evaluation (Norm-referenced and Criterion-referenced test), Psychological and Teacher Made Test, Interpretation of Test Scores for Assessment and Grading.	13
<b>Course Pre-Requisites</b>		<b>Only for those who took Psychology as subject in PG first semester.</b>

#### Suggested Readings:

1. Mathur Dr. S. S. (2000). Educational Psychology Latest Edition Vinod Pustak Mandir, Agra-2.
2. Mangal, S. K. (2009). Essential of Educational Psychology, PHI Learning.
3. Anita, W. (2017). Educational Psychology Pearson Edition.
4. Hollingsworth, H. L. (1933). Educational Psychology, D. Appleton-Century Company incorporated New York London.
5. Ormrod, J. E. (2015). Educational Psychology. Pearson Education.
6. Chauhan S. S. (1978). Advanced Educational Psychology Vikas Publishing House Pvt. Ltd.
7. Dandapani, S. (2016). Advanced Educational Psychology. Anmol Publication.

#### Suggested Equivalent Online Courses

- Swayam <https://swayam.gov.in/>
- Coursera <https://www.coursera.org/>
- Udemy <https://www.udemy.com/>

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**SEMESTER – II (VIII)**  
**COURSE – 7**  
**PRACTICAL**

<b>Name of Academic Programme/Class</b>	<b>Bachelor (Research) in Psychology (P.G., Year : First)</b>	
<b>Subject</b>	<b>Psychology</b>	
<b>Course/Paper Code</b>	<b>A090807P</b>	
<b>Nature of Course/Paper</b>	<b>Practical (Compulsory)</b>	
<b>Course/Paper Title</b>	<b>Experiment, Testing and Profiling</b>	
<b>Course to be offered in the Semester of</b>	<b>Semester – II</b>	
<b>Credit Assigned:</b>	<b>04</b>	
<b>Course Objective:</b>	The purpose of the practical course is to help the students to correlate the theoretical concepts and outcomes with its demonstration in the applied form (special emphasis in real life having social relevance).	
<b>Course Outcomes:</b>	After completion of the course, the students will be: <ul style="list-style-type: none"> <li>• Able to understand and conduct experiments on different cognitive processes and develop different research designs.</li> <li>• Able to administer and interpret the test's results of Counselling, Sports, Personality and Educational Psychology.</li> </ul>	
<b>Practical derived from following Theory Courses</b>	<b>Topic</b>	<b>Number of Lectures (In Hours)</b>
<b>Cognitive Psychology: Memory and Thinking (Core Compulsory)</b>	1- Any Experiment on S.T.M./R.I./P.I. 2- Measurement of Creativity.	24
<b>Basic Research Methodology (Core Compulsory)</b>	3- Using experimental research design conduct any experiment and report its outcome. 4- Conduct literature review on any variable and report with APA Referencing Style.	24
<b>Assessment of Personality (Group - A : Elective)</b>	5- Measurement of personality by Eysenck Personality Inventory. 6- Measurement of personality by 16 PF.	24

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Counselling Psychology (Group - A : Elective)	7- Measurement of Adjustment level of Children / Adolescent / Adults / Elderly People. 8- Comparative study of Well-Being among Physically Challenged and Normal Children.	24
Sports Psychology (Group - B : Elective)	9- Achievement motivation of any Sports Person. 10- Using Stress Scale measure the level of stress among Players and Non- Players.	24
Educational Psychology (Group - B : Elective)	11- Comparative study of Intelligence among students. 12- Measurement of Adjustment among Government and Private Teachers.	24
Course Pre-Requisites	Only for those who took Psychology as subject in PG first semester.	

**Suggested Readings:**

1. Mohsin, S. M. (1985). Experiments in Psychology- Moti Lal Banarasi Das, New Delhi.
2. Hussain, A. (2014). Experiments in Psychology- PHI Learning Private Limited, New Delhi.
3. श्रीवास्तव, आर. एवं अन्य (2006). मनोवैज्ञानिक प्रयोग एवं परीक्षण, मोतीलाल बनारसीदास, वाराणसी।
4. सुलेमान, एम. एवं तरत्रुम, आर. (2010). मनोविज्ञान में प्रयोग एवं परीक्षण, मोतीलाल बनारसीदास, वाराणसी।

**Note:** In the P.G. 2<sup>nd</sup> Semester, the student will have to carry out 5 practical from the above list of both compulsory and optional courses. Practical must be related with their respective compulsory and optional papers.

*Asim Ratiwar*  
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**SEMESTER – II (VIII)**  
**COURSE – 8**  
**RESEARCH PROJECT**

<b>Name of the Academic Programme/Class</b>	Bachelor (Research) in Psychology (P.G., Year : First)
<b>Subject</b>	Psychology
<b>Course/Paper Code</b>	A090808R
<b>Nature of Course/Paper</b>	Research Project (Compulsory)
<b>Course/Paper Title</b>	Major Research Project
<b>Course to be offered in the Semester of</b>	Semester – II
<b>Credit Assigned:</b>	04
<b>Course Objective</b>	The main aim of this major research project is to familiarize the students not only with the process and procedure of research but also with the empirical basis.
<b>Course Outcomes</b>	At the end of this project the students will be: <ul style="list-style-type: none"> <li>• Able to analyse critically and scrutinise the scientific grounds applied, add from own learning &amp; experience as a student of Psychology.</li> <li>• Able to explore the cultural, social and ethical impact of Psychology in his/her own community and daily life.</li> </ul>
<p><b>Note:</b> Major Research Project is compulsory. Students will have to select the topic for the major research project with the consent of Research Project Supervisor. For the purpose of the research project, Students will carry out the work in group of 5-8 but will write the report individually. The report shall be in APA format.</p>	
<b>Course Pre-Requisites</b>	Only for those who took Psychology as subject in PG first semester.
<p><b>Suggested Readings:</b></p> <p>1. The Supervisor will provide the research material to the students.</p>	

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**SEMESTER – III (IX)**  
**COURSE – 1**  
**THEORY**

Name of Academic Programme/ Class	Master in Psychology (P.G., Year : Second)	
Subject	Psychology	
Course/Paper Code	A090901T	
Nature of Course/Paper	Theory (Core Compulsory)	
Course/Paper Title	Guidance Psychology	
Course to be offered in the Semester of	Semester – III	
Credit Assigned:	04	
Course Objective	To acquaint the students with the theoretical and practical aspect of guidance.	
Course Outcomes	<p>At the completion of the course the students will:</p> <ul style="list-style-type: none"> <li>• Be able to acquire deep understanding of the concept of Guidance.</li> <li>• Be able to apply the guidance principle in real life settings.</li> <li>• Possess in-depth understanding of the types of Guidance.</li> <li>• Be able to specialize in specific guidance techniques for human welfare.</li> </ul>	
Unit	Topic	Number of Lectures (In Hours)
I	Guidance: Concept, Nature, Principle, Aims and Scope of Guidance, Difference between Guidance and Counselling, Issues of Guidance. Need of Guidance in Modern Indian Society.	14
II	Techniques and Services: Individual and Group techniques of Guidance, Service of Modern Guidance Programme.	12

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III	Educational Guidance: Meaning, Nature, Aims, Principles, Importance and Process of Educational Guidance, Educational Guidance at various stages of education.	12
IV	Vocational Guidance: Meaning, Nature, Aims, Need and Process of Vocational Guidance. Theoretical Approaches to Vocational Development: Holland's Trait and Factor theory, Super's Development Self-Concept theory.	12
V	Personal Guidance: Meaning, Nature, Aims, Need and Principles of Personal Guidance- Process of Personal Guidance: Tools and techniques.	10
<b>Course Pre-Requisites</b>		<b>Only for those who took Psychology as subject in PG second semester.</b>

#### Suggested Readings:

1. Bhatnagar, A & Gupta, N. (1999). Guidance and Counselling. Vikas Publishing House Pvt. Ltd. New Delhi.
2. Rao, S. N. & Sahajpal, P. (2013). Counselling and Guidance. Tata McGraw Hill. resources. USA.
3. Bhatia, K. K. (2002). Principles of Guidance and Counselling. Vikas Publishing House Pvt. Ltd. New Delhi.
4. Alam, S. (2011). Modern Concept of Guidance and Counselling. Gyananda Prakashan, Ansari Road, New Delhi.
5. राय, ए. एवं अस्थाना, एम. (2005). निर्देशन एवं परामर्शन (सम्प्रत्यय, क्षेत्र एवं उपागम), मोतीलाल बनारसीदास ।
6. अग्निहोत्री, के. (2010). शिक्षा में निर्देशन एवं परामर्श के मूल तत्व, आर. एस. ए. इण्टरनेशनल ।
7. उपाध्याय, आर. जायसवाल, एस. (2013). शिक्षा में निर्देशन एवं परामर्श की भूमिका, अग्रवाल पब्लिकेशनस ।

#### Suggested Equivalent Online Courses

- Swayam <https://swayam.gov.in/>
- Coursera <https://www.coursera.org/>
- Udemy <https://www.udemy.com/>

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**SEMESTER – III (IX)**  
**COURSE – 2**  
**THEORY**

Name of Academic Programme/Class	Master in Psychology (P.G., Year : Second)	
Subject	Psychology	
Course/Paper Code	A090902T	
Nature of Course/Paper	Theory (Core Compulsory)	
Course/Paper Title	Advanced Research Methodology	
Course to be offered in the Semester of	Semester – III	
Credit Assigned:	04	
Course Objective	To train students in experimental & non-experimental research methods and different research designs and to inculcate the knowledge of data collection, analysis and interpretation in psychological research.	
Course Outcomes	After completion of this course: <ul style="list-style-type: none"> <li>• The students will be able to draft his research design.</li> <li>• Will be able to use parametric &amp; non-parametric statistical methods for data analysis.</li> <li>• Will be able to use computers in psychological research.</li> </ul>	
Unit	Topic	Number of Lectures (In Hours)
I	Methods of Data Collection: Observation, Interview, Case Study, Questionnaire, Rating Methods.	12
II	Research Design: Meaning, Purpose, Criteria of good Research Design, Types : Experimental, Non-Experimental , Quasi Experimental.	10
III	Within Group Design: Single Factor, Repeated measure design, Two Factors repeated measure design.  Between Group Designs: Single Factor design-Randomized Group Design, Two Matched Group Design.	14

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IV	Statistical test in Research: Parametric test and Non- Parametric- Nature, assumptions and uses. Parametric test- t-test, ANOVA. Non-Parametric: Kruskal-Wallis-H Test, Chi square and Mann Whitney U-test.	12
V	Plagiarism, Referencing Styles (APA) Introduction, Use of Computer in Psychology & SPSS- Introduction.	12
Course Pre-Requisites		Only for those who took Psychology as subject in PG second semester.

#### Suggested Readings:

1. Broota, K. D. (1992). Experimental Design in Behavioural Research, Wiley Eastern, New Delhi.
2. Field, A. (2005). Discovering statistics using SPSS. London: Sage Publications
3. Kothari, C. R. & Garg, G. (2019). Research Methodology- Methods & Techniques, 4ed., New Age International (P.) Ltd. New Delhi.
4. Winer, B. J. (1961). Experimental Design in Psychological Research, McGraw Hill.
5. Karlinger, F. N. (1983). Foundations of Behavioural Research, Surjeet Publication, Delhi.
6. त्रिपाठी, एल. बी. अग्रवाल, ऐ., मिश्रा. एवं श्रीवास्तव, ऐ. एन. | (2002). मनोवैज्ञानिक अनुसन्धान पद्धतियाँ | हर प्रसाद भार्गव पब्लिकेशन, आगरा |
7. श्रीवास्तव, डी0 एन0., एवं वर्मा, पी0. | (2012). मनोविज्ञान शिक्षा एवं अन्य सामाजिक विज्ञानों में सांख्यिकी। विनोद पुस्तक मन्दिर, आगरा।
8. श्रीवास्तव, आर. जे. तथा अन्य | (1999). मनोवैज्ञानिक एवं शैक्षिक मापन, मोतीलाल बनारसीदास वाराणसी |
9. सिंह, आर0. एन0. एवं भाटिया, टी0. | (2018). आधुनिक सांख्यिकीय विधियाँ। अग्रवाल पब्लिकेशन, आगरा |
10. श्रीवास्तव, डी. एन. | (2002). मनोवैज्ञानिक अनुसंधान एवं मापन, श्री विनोद पुस्तक मंदिर आगरा |

#### Suggested Equivalent Online Courses

- Swayam <https://swayam.gov.in/>
- Coursera <https://www.coursera.org/>
- Udemy <https://www.udemy.com/>

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**SEMESTER – III (IX)**  
**COURSE – 3**  
**THEORY**

Name of Academic Programme/ Class	Master in Psychology (P.G., Year : Second)	
Subject	Psychology	
Course/Paper Code	A090903T	
Nature of Course/Paper	Group - A : Theory (Elective)	
Course/Paper Title	Child Psychology	
Course to be offered in the Semester of	Semester – III	
Credit Assigned:	04	
Course Objective	To familiarize the students with the concepts of child development and its theories.	
Course Outcomes	<p>At the end of course the students will:</p> <ul style="list-style-type: none"> <li>• Be able to grasp easily the concept and related aspect.</li> <li>• Possess thorough knowledge about the principle and theories of development in children.</li> <li>• Be able to comprehend the different types of development in relation to its stages.</li> <li>• Help in proving the practical significance of Child Psychology in the daily life.</li> </ul>	
Unit	Topic	Number of Lectures (In Hours)
I	Child Psychology: Concept, Nature, Scope and Problems of Child Psychology. Methods of child study: Experimental, Observation, Cross-sectional, Longitudinal and Case study methods.	12
II	Concept, Nature, Factor and Principles of development. Theories of development: Piaget's, Freud's and Reinforcement theory.	12

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III	Cognitive Development: Sensory and perceptual development, Thinking development and kinds of thinking of children. Language development: Theories of language development, Stages of speech development, Factors affecting language development.	14
IV	Emotional Development: Development of emotional patterns, Characteristics of children's emotions, Importance of learning in the development of emotions, Determinants of emotional development, Childhood emotions, Emotional maladjustment and emotional balance.	11
V	Moral and Social development: Concept, patterns, stages and determinants of moral development, Misdemeanors. Concept, criteria, stages and determinants of social development, Juvenile delinquency and anti-social behaviour.	11
Course Pre-Requisites	Only for those who took Psychology as subject in PG third semester.	

#### Suggested Readings:

1. Goswami, U. (2014). Child Psychology. Oxford University Press.
2. Sharma, R. N. & Sharma, R. (2022). Child Psychology. Atlantic Publication and Distributions (P) Ltd.
3. Berk, L. E. (2010). Child Development (9<sup>th</sup> ed.). New Delhi : Prentice Hall.
4. Santrock, J. W. (2011). Child Development (13<sup>th</sup> ed.). New Delhi : McGraw-Hill.
5. वर्मा, पी. श्रीवास्तव, डी. एन. (2020). बाल मनोविज्ञान, बाल विकास, विनोद पुस्तक मन्दिर आगरा |
6. शर्मा एवं शर्मा (2015). बाल विकास | स्टार पब्लिकेशन आगरा |
7. बिस्ट, ऐ. आर. (2020). बाल मनोविज्ञान | श्री विनोद पुस्तक मन्दिर, आगरा |
8. सिंह, आर. एन. (2011). आधुनिक विकासात्मक मनोविज्ञान, अग्रवाल पब्लिकेशन, आगरा |

#### Suggested Equivalent Online Courses

- Swayam <https://swayam.gov.in/>
- Coursera <https://www.coursera.org/>
- Udemy <https://www.udemy.com/>

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**SEMESTER – III (IX)**  
**COURSE – 4**  
**THEORY**

Name of Academic Programme/ Class	Master in Psychology (P.G., Year : Second)	
Subject	Psychology	
Course/Paper Code	A090904T	
Nature of Course/Paper	Group - A : Theory (Elective)	
Course/Paper Title	Psychopathology of Childhood and Adolescence	
Course to be offered in the Semester of	Semester – III	
Credit Assigned:	04	
Course Objective	The basic aim of this course is to acquaint students with the stand point and outlook about the disorders of childhood and adolescence.	
Course Outcomes	<p>At the end of the course students will:</p> <ul style="list-style-type: none"> <li>• Be aware of the basic concept of Child Psychopathology.</li> <li>• Be aware about diagnostic criteria of disorders for children and adolescent.</li> <li>• Possess in-depth knowledge about the numerous disorders of childhood and adolescence.</li> <li>• Be competent enough to diagnose disorders of childhood and adolescence.</li> </ul>	
Unit	Topic	Number of Lectures (In Hours)
I	Childhood Psychopathology: Meaning, Nature and Historical Background. Significance of Child Psychopathology. Models: Biological, Behavioural, Psychodynamic and Cognitive.	13

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II	Types, Symptoms and Causes of Intellectual Disability / Mental Retardation (M.R.), Motor Disorders. Communication Disorders and Learning Disorders.	12
III	Symptoms, Causes and Intervention of Separation Anxiety Disorder, Social Anxiety Disorder (Social Phobia), Generalized Anxiety Disorder and Obsessive-Compulsive Disorder (OCD).	12
IV	Symptoms and Causes of Autism Spectrum Disorder (ASD), Post Traumatic Stress Disorder (PTSD), and Attention- Deficit / Hyperactivity Disorder (ADHD).	11
V	Symptoms, causes and prevention of Bipolar Disorder, Depressive Disorders, Suicide and Substance Use Disorder.	12
<b>Course Pre-Requisites</b>		<b>Only for those who took Psychology as subject in PG second semester.</b>

#### Suggested Readings:

1. Sarason, B. R. & Sarason, I. G. (2002). Abnormal Psychology.
2. Barlow, D. M. & Durand, V. M. (2005). Abnormal Psychology: An Integrative Approach. Thomson Wadsworth.
3. American Psychiatric Association. (2013). DSM – 5.
4. Kaplan, H. I. & others (1994). Synopsis of Psychiatry. New Delhi: B.I. Waruly.
5. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
6. Schneider, B. H. (2014). Child Psychopathology. Cambridge University Press.
7. Beauchaine, T. P. & Hinshaw, S. P. (2013). Child and Adolescent Psychopathology (II Ed). John Wiley.
8. Mash, E. J. & Barkley, R. A. (2014). Child Psychopathology- Developmental System Perspective. Guilford Press.
9. Wilmshurst, L. (2015). Essentials of Child and Adolescent Psychopathology. Wiley.
10. Kendall, P. C. & Comer, J. S. (2022). Childhood Disorders. Taylor & Francis.
11. श्रीवास्तव, आर. (2019). मनोविकृति विज्ञान। मोतीलाल बनारसीदास वाराणसी।
12. सिंह, आर. एन. एवं अन्य (2008). आधुनिक असामान्य मनोविज्ञान। अग्रवाल पब्लिकेशन आगरा।
13. सिंह, आर. एन. एवं अन्य (2013). मनोविकृति के आधार। अग्रवाल पब्लिकेशन आगरा।
14. जायसवाल, ए. के. (2020). आधुनिक मनोविकृति विज्ञान। विनोद पुस्तक मन्दिर आगरा।

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**Suggested Equivalent Online Courses**

- Swayam <https://swayam.gov.in/>
- Coursera <https://www.coursera.org/>
- Udemmy <https://www.udemy.com/>

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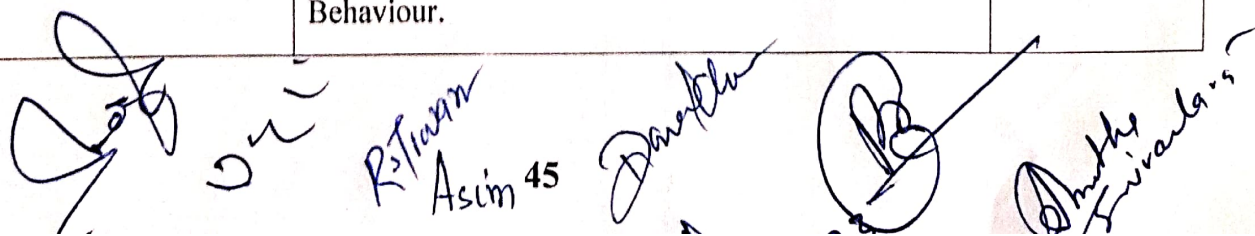
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**SEMESTER – III (IX)**  
**COURSE – 5**  
**THEORY**

<b>Name of Academic Programme/ Class</b>	<b>Master in Psychology (P.G., Year : Second)</b>	
<b>Subject</b>	<b>Psychology</b>	
<b>Course/Paper Code</b>	<b>A090905T</b>	
<b>Nature of Course/Paper</b>	<b>Group - B : Theory (Elective)</b>	
<b>Course/Paper Title</b>	<b>Biological Bases of Behaviour</b>	
<b>Course to be offered in the Semester of</b>	<b>Semester – III</b>	
<b>Credit Assigned:</b>	<b>04</b>	
<b>Course Objective</b>	To inculcate in students an understanding of the human physiology and physiological basis of behaviour.	
<b>Course Outcomes</b>	<p>After completion of this course students will be:</p> <ul style="list-style-type: none"> <li>• Able to acquire good understanding of the concept of Physiological Psychology.</li> <li>• Possess extensive knowledge about physiological processes affecting behaviour.</li> <li>• Possess finer details of the aspect of nervous system and its relation with mental processes and behaviour.</li> <li>• Have enough competency to comprehend both theoretical as well as applied aspect of Physiological Psychology.</li> </ul>	
<b>Unit</b>	<b>Topic</b>	<b>Number of Lectures (In Hours)</b>
<b>I</b>	Meaning, Nature and Scope of Physiological Psychology. Clinical and experimental research techniques of Physiological Psychology: Invasive and non-invasive methods.	11
<b>II</b>	Chemical Determinants of Behaviour: Metabolism and Behaviour, Hormones and Behaviour, Neurotransmitters, Homeostasis and Behaviour.	12





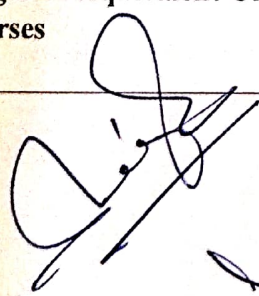
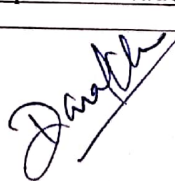
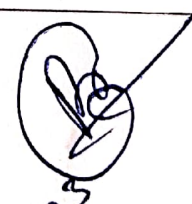
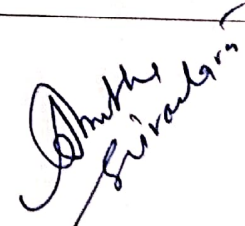
III	Cell and Neuron: Structure and functions, Human neuron system- Classification, Structure and function.	13
IV	Physiological basis of biological motives: Hunger- Hormones and hunger, Peripheral and Central determinants of hunger. Thirst- Double depletion hypothesis, Cellular Dehydration thirst, Hypovolemic thirst, Peripheral and Central determinants of thirst. Sleep- Neural basis of sleep.	12
V	Physiological basis of Attention, Perception, Memory and Emotion: Neurophysiology of Attention and Perception, Experimental studies of Neural substrate of memory- Lesion approach and Biochemical process. Papez- Mclean theory of emotion.	12
Course Pre-Requisites	<b>Only for those who took Psychology as subject in PG second semester.</b>	

#### Suggested Readings:

1. Leukal, F. (1976). Introduction to Physiological Psychology. C.V. Mosby Co.
2. Levitt, P. C. (1980). Physiological Psychology.
3. Morgan, C. T. (1985). Introduction to Physiological Psychology. McGraw-Hill.
4. Levinthal, C. F. (1990). Introduction to Physiological Psychology. 3rd Edition, Prentice Hall.
5. Carlson, N. R. (2005). Foundations of Physiological Psychology. 6th Edition, Pearson Education.
6. Pinel, J. P. (2006). Biopsychology. 6th Edition, Pearson Education.
7. Kalat, J. W. (2010). Biopsychology. Cengage Learning India Pvt. Ltd.
8. तिवारी, बी. डी. एवं त्रिपाठी, ए. एन. (2004). दैहिक मनोविज्ञान, मोतीलाल बनारसीदास ।

#### Suggested Equivalent Online Courses

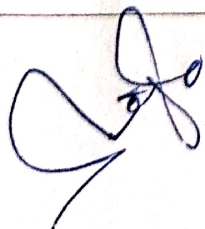
- Swayam <https://swayam.gov.in/>
- Coursera <https://www.coursera.org/>
- Udemy <https://www.udemy.com/>

Asim R. Tiwari  
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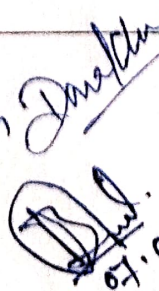
**SEMESTER – III (IX)**  
**COURSE – 6**  
**THEORY**

Name of Academic Programme/ Class	Master in Psychology (P.G., Year : Second)	
Subject	Psychology	
Course/Paper Code	A090906T	
Nature of Course/Paper	Group - B : Theory (Elective)	
Course/Paper Title	Environmental Psychology	
Course to be offered in the Semester of	Semester – III	
Credit Assigned:	04	
Course Objective	The objective of this course is to correlate individual and his welfare with the sociophysical environment.	
Course Outcomes	<p>At the end of the course students will:</p> <ul style="list-style-type: none"> <li>• Be able to know about the contents and importance of Environmental Psychology.</li> <li>• Possess knowledge about the concept, nature and scope of Environmental Psychology.</li> <li>• Develop their own thinking as to how this knowledge can be applied in practical life.</li> <li>• Be able to observe environmental factors influencing human behaviour.</li> </ul>	
Unit	Topic	Number of Lectures (In Hours)
I	Meaning, Nature and Historical background of Environmental Psychology. Indian overview and man-environment relationship. Research methods of Environmental Psychology, Experimental, Simulation, Co-relational, Descriptive and Self-report methods.	14

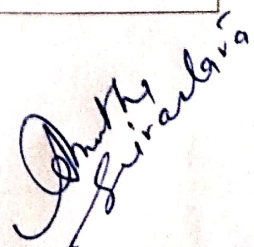



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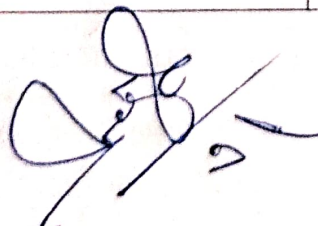
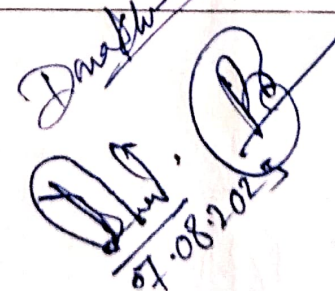
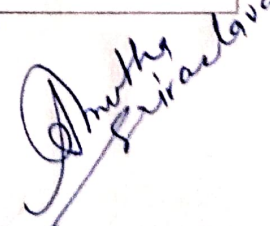


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II	Theories and approaches of Environmental Psychology: Trait, Interactional, Organismic and Transactional approach. Environmental-Behaviour theory, Arousal theory, Environmental load theory, Ecological theory and Environmental stress theory.	12
III	Environmental stress: Concept, Nature and Causes of environmental stressors. Effect of natural disasters, Technical catastrophes, Air pollution, Noise pollution and High temperature on Human life.	12
IV	Environmental Cognition, Perception and Attitude: Concept and theories of environmental cognition, Cognitive map. Concept and Nature of environmental perception, Socio-cultural effect on environmental perception. Creation of positive attitude towards environment.	12
V	Effect of environment on Human Behaviour: Concept, Functions and determinacy of personal space. Concept, types and functions of territoriality, Human territoriality research.	10
<b>Course Pre-Requisites</b>		<b>Only for those who took Psychology as subject in PG second semester.</b>
<b>Suggested Readings:</b> <ol style="list-style-type: none"> <li>1. Nagar, P. (2006). Environmental Psychology. Concept Publication Company Pvt. Ltd.</li> <li>2. Tiwari, R. and Mathur A. (2014). Environmental Psychology. (1/E) Pointer Publishers.</li> <li>3. सिंह, आर. एवं सेवानी ए. (2020). पर्यावरणीय मनोविज्ञान   श्री विनोद पुस्तक मन्दिर आगरा  </li> <li>4. तिवारी, पी. एस. एन. (2000). पर्यावरणीय मनोविज्ञान   (2/ E) मोतीलाल बनारसीदास  </li> <li>5. नागर, जी. (2012). पर्यावरणीय मनोविज्ञान   (1/ E) अग्रवाल पब्लिकेशन  </li> <li>6. शुक्ला, ए. (2014). आधुनिक पर्यावरणीय मनोविज्ञान   कांसेप्ट पब्लिशिंग कम्पनी Pvt. Ltd.</li> </ol>		
<b>Suggested Equivalent Online Courses</b>		<ul style="list-style-type: none"> <li>• Swayam <a href="https://swayam.gov.in/">https://swayam.gov.in/</a></li> <li>• Coursera <a href="https://www.coursera.org/">https://www.coursera.org/</a></li> <li>• Udemy <a href="https://www.udemy.com/">https://www.udemy.com/</a></li> </ul>

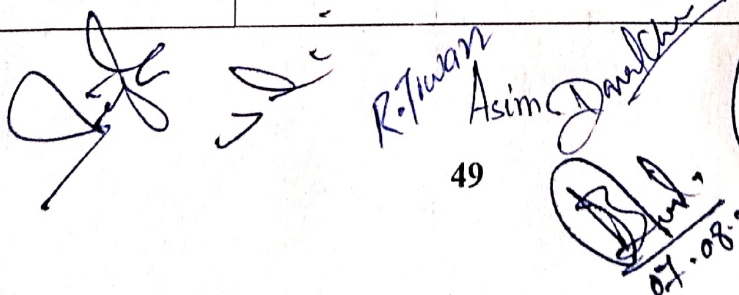
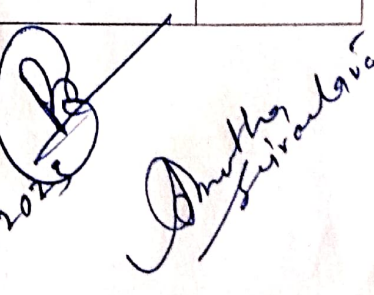



  
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**SEMESTER – III (IX)**  
**COURSE – 7**  
**PRACTICAL**

<b>Name of Academic Programme/Class</b>	<b>Master in Psychology (P.G., Year : Second)</b>	
<b>Subject</b>	<b>Psychology</b>	
<b>Course/Paper Code</b>	<b>A090907P</b>	
<b>Nature of Course/Paper</b>	<b>Practical (Compulsory)</b>	
<b>Course/Paper Title</b>	<b>Testing and Analytical Practices</b>	
<b>Course to be offered in the Semester of</b>	<b>Semester – III</b>	
<b>Credit Assigned:</b>	<b>04</b>	
<b>Course Objective:</b>	The purpose of the practical course is to help the students to correlate the theoretical concepts and outcomes with its demonstration in the applied form (special emphasis in real life having social relevance).	
<b>Course Outcomes:</b>	After completion of the course the students will be: <ul style="list-style-type: none"> <li>• Able to understand and conduct experiments on Advanced Physiology and Clinical Psychology.</li> <li>• Able to conduct empirical studies on assigned topics.</li> <li>• Competent in testing process of Clinical, Guidance, Environmental Psychology and Organizational Behaviour.</li> </ul>	
<b>Practical derived from following Theory Courses</b>	<b>Topic</b>	<b>Number. of Lectures (In Hours)</b>
<b>Guidance Psychology (Core Compulsory)</b>	1- Measurement of Educational Achievement of students.	24
	2- Measurement of Vocational Preference of students.	24
<b>Advanced Research Methodology (Core Compulsory)</b>	3- Comparative study using t-test.	24
	4- Conduct Correlational study.	24

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Child Psychology (Group - A : Elective)	5- Assessment of Moral Values of Children.	24
	6- Assessment of Social Maturity of Children.	24
Psychopathology of Childhood and Adolescence (Group - A : Elective)	7- Assessment of Autism Spectrum Disorder / ADHD / Suicidal Ideation of any child / adolescent.	24
	8- Measurement of Mental Ability / Mental Retardation (M.R.) of any child / adolescent.	24
Biological Bases of Behaviour (Group - B : Elective)	9- Collect and correlate the glucose level with hunger drive using two groups of people having Full and Empty Stomach.	24
	10- Design and conduct an experiment to study the effect of positive and negative emotions on respiration level.	24
Environmental Psychology (Group - B : Elective)	11- Effect of noise pollution on Mental Health.	24
	12- Measurement of Environmental Awareness.	24
Course Pre-Requisites	Only for those who took Psychology as subject in PG second semester.	

#### Suggested Readings:

1. Mohsin, S. M. (1985). Experiments in Psychology- Moti Lal Banarasi Das, New Delhi.
2. Hussain, A. (2014). Experiments in Psychology- PHI Learning Private Limited, New Delhi.
3. श्रीवास्तव, आर. एवं अन्य (2006). मनोवैज्ञानिक प्रयोग एवं परीक्षण, मोतीलाल बनारसीदास, वाराणसी।
4. सुलेमान, एम. एवं तरन्तुम, आर. (2010). मनोविज्ञान में प्रयोग एवं परीक्षण, मोतीलाल बनारसीदास, वाराणसी।

**Note:** In the P.G. 3<sup>rd</sup> Semester, the student will have to carry out 5 practical from the above list of both compulsory and optional courses. Practical must be related with their respective compulsory and optional papers.

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 [Signature: Anshu Srivastava]

**SEMESTER – III (IX)**  
**COURSE – 8**  
**RESEARCH PROJECT**

<b>Name of the Academic Programme/Class</b>	Master in Psychology (P.G., Year : Second)
<b>Subject</b>	Psychology
<b>Course/Paper Code</b>	A090908R
<b>Nature of Course/Paper</b>	Research Project (Compulsory)
<b>Course/Paper Title</b>	Major Research Project
<b>Course to be offered in the Semester of</b>	Semester – III
<b>Credit Assigned:</b>	04
<b>Course Objective</b>	The main aim of this major research project is to familiarize the students not only with the process and procedure of research but also with the empirical basis.
<b>Course Outcomes</b>	At the end of this project the students will be: <ul style="list-style-type: none"> <li>• Able to analyze critically and scrutinise the scientific grounds applied, add from own learning &amp; experience as a student of Psychology.</li> <li>• Able to explore the cultural, social and ethical impact of Psychology in his/her own community and daily life.</li> </ul>
<p><b>Note:</b> Major Research Project is compulsory. Students will have to select the topic for the major research project with the consent of Research Project Supervisor. For the purpose of the research project, Students will carry out the work in group of 5-8 but will write the report individually. The report shall be in APA format.</p>	
<b>Course Pre-Requisites</b>	Only for those who took Psychology as subject in PG second semester.
<p><b>Suggested Readings:</b></p> <p>1. The Supervisor will provide the research material to the students.</p>	

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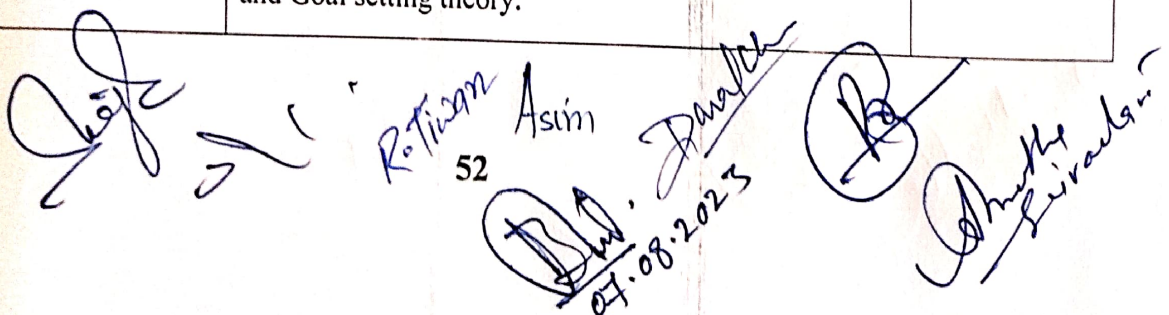
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**SEMESTER – IV (X)**  
**COURSE – 1**  
**THEORY**

Name of Academic Programme/Class	Master in Psychology (P.G., Year : Second)	
Subject	Psychology	
Course/Paper Code	A091001T	
Nature of Course/Paper	Group - A : Theory (Elective)	
Course/Paper Title	Organizational Behaviour	
Course to be offered in the Semester of	Semester – IV	
Credit Assigned:	04	
Course Objective	To develop an understanding of the human behaviour in context to organizational setting. It aims to sensitize students about the concepts of conflicts, politics and power play in organization.	
Course Outcomes	<p>On the completion of this course students will:</p> <ul style="list-style-type: none"> <li>• Learn different strategies of conflict management.</li> <li>• Be able to analyse the basic principles of Organizational Behaviour.</li> </ul>	
Unit	Topic	Number of Lectures (In Hours)
I	Organizational Behaviour: Nature and Types of Organizations. Meaning and History of Organizational Behaviour. History of Organizational Behaviour in India. Approaches to Organizational Behaviour; Challenges and Opportunities for Organizational Behaviour.	12
II	Motivation: Meaning, Process and Characteristics of Motivation. Theories of Motivation: 1- Content theories: Maslow's Need Hierarchy theory, Herzberg's Motivation/ Hygiene theory, Alderfer's ERG model and Mc Clelland's Need theory. 2- Process Theories: Vroom's Expectancy theory, Adam's Equity Theory and Goal setting theory.	14


  
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III	Organizational Leadership: Meaning and Styles of Leadership. Characteristics of Leaders and Managers. Theories of Leadership: (a) Trait (b) Behavioural (c) Contingency theories.	12
IV	Organizational Conflict: Meaning, Definitions and Types of Organizational Conflicts. Causes of conflict in Organizations. Conflict Management: Techniques and Methods of conflict management.	11
V	Power and Politics in Organization: Meaning and Types of Power, Power tactics. Politics: Power in action, Factors contributing to Political Behaviour.	11
<b>Course Pre-Requisites</b>		<b>Only for those who took Psychology as subject in PG second semester.</b>

**Suggested Readings:**

1. Robbins, S. P. (1980). Organizational Behaviour, Prentice Hall, New Delhi.
2. Pareek, U. (2006). Understanding Organizational Behaviour. Oxford University Press: New Delhi.
3. Arnold, H. J. & Feldman, D.C. (1986). Organizational Behaviour, McGraw-Hill.
4. Prasad, L. M. (1984). Organizational Behaviour, Sultan Chand & Sons, India.
5. Dwivedi, R. S. (2001). Human Relationship and Organization Behaviour, McMillan, New Delhi.
6. सुलेमान, एम. एवं चौधरी, वी. के. (2005). आधुनिक औद्योगिक एवं संगठनात्मक मनोविज्ञान, मोतीलाल बनारसीदास, नई दिल्ली।
7. ओझा. आर. के. (2009). औद्योगिक मनोविज्ञान श्री विनोद पुस्तक मन्दिर, आगरा।
8. अस्थाना, बी. एवं बख्शी, आर. (2011). संगठनात्मक व्यवहार. अग्रवाल पब्लिकेशन आगरा।

**Suggested Equivalent Online Courses**

- Swayam <https://swayam.gov.in/>
- Coursera <https://www.coursera.org/>
- Udemy <https://www.udemy.com/>

*Asim R. Tiwari*  
*07.09.2025*  
*Amulya Srivastava*



**SEMESTER – IV (X)**  
**COURSE – 2**  
**THEORY**

Name of Academic Programme/Class	Master in Psychology (P.G., Year : Second)	
Subject	Psychology	
Course/Paper Code	A091002T	
Nature of Course/Paper	Group - A : Theory (Elective)	
Course/Paper Title	Organizational Change and Development	
Course to be offered in the Semester of	Semester – IV	
Credit Assigned:	04	
Course Objective	To develop an understanding of the impact of organizational change and development on employee's behaviour. The course aims to enable students in diagnosis, planning and implementation of change strategies within an organization.	
Course Outcomes	After the course completion: <ul style="list-style-type: none"> <li>• The students will develop an understanding about the types, speed and scope of organizational change and development.</li> <li>• Able to identify the forces for change.</li> <li>• Able to design better organization development interventions.</li> </ul>	
Unit	Topic	Number of Lectures (In Hours)
I	Introduction to Organizational Change: Concept and Meaning of Organizational Change. Types of changes in Organization. Forces for Organizational Changes - Internal and External Forces.	12
II	Resistance to Organizational Change. Models of Organizational Changes- Kurt Lewin and Burke-Litwin's model of Organizational Change.	12

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III	Development in Revolutionary Changes: Re-engineering and Re-structuring. Development in Evolutionary Changes: Socio-technical systems, Total Quality Management (TQM), Flexible Workers and Flexible work teams.	14
IV	Organizational Development: Meaning and Definition of Organizational Development. Characteristics, Need and Process of Organizational Development.	12
V	Action Research: History, Process and Approaches. Organizational Development interventions.	10
Course Pre-Requisites	Only for those who took Psychology as subject in PG third semester.	

#### Suggested Readings:

1. French, W. L. & Jr. Bell, C. H. (1995). Organizational Development: Behavioral Science Interventions for Organizational Improvement. 6<sup>th</sup> Edition. Pearson Education. Ins.
2. Sahni, N. K. & Jain, R. (2011). Management Concepts & Organizational Behaviour. Kalyani Publishers, New Delhi.
3. Arnold, H. J. & Feldman, D.C. (1986). Organizational Behaviour, McGraw-Hill.
4. Robbins, S. P. (1980). Organizational Behaviour, Prentice Hall, New Delhi.
5. Dwivedi, R. S. (2001). Human Relationship and Organization Behaviour, McMillan, New Delhi.
6. Luthans, F. (1997). Organizational Behaviour, Tata McGraw-Hill, New Delhi.
7. ओझा, आर. के. (2006). औद्योगिक मनोविज्ञान, विनोद पुस्तक मन्दिर, आगरा।
8. सुलेमान, एम. एवं चौधरी, वी. के. (2005). आधुनिक औद्योगिक एवं संगठनात्मक मनोविज्ञान, मोतीलाल बनारसीदास, नई दिल्ली।
9. अस्थाना, वी. एवं बख्शी, आर (2011). संगठनात्मक व्यवहार अग्रवाल पब्लिशर, नई दिल्ली।

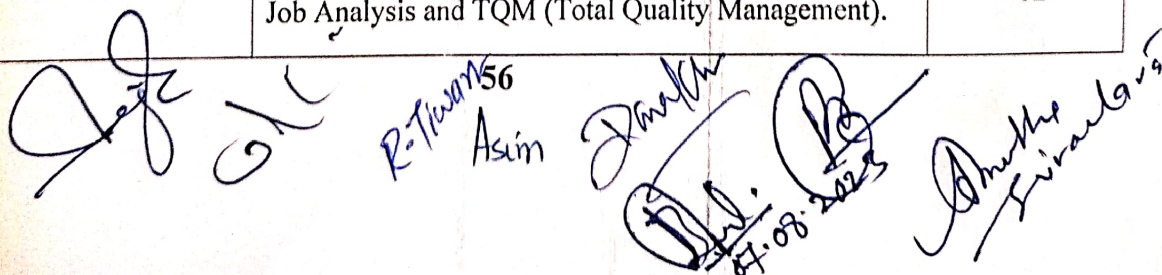
#### Suggested Equivalent Online Courses

- Swayam <https://swayam.gov.in/>
- Coursera <https://www.coursera.org/>
- Udemy <https://www.udemy.com/>



**SEMESTER – IV (X)**  
**COURSE – 3**  
**THEORY**

<b>Name of Academic Programme/Class</b>	<b>Master in Psychology (P.G., Year : Second)</b>	
<b>Subject</b>	<b>Psychology</b>	
<b>Course/Paper Code</b>	<b>A091003T</b>	
<b>Nature of Course/Paper</b>	<b>Group - A : Theory (Elective)</b>	
<b>Course/Paper Title</b>	<b>Human Resource Management</b>	
<b>Course to be offered in the Semester of</b>	<b>Semester – IV</b>	
<b>Credit Assigned:</b>	<b>04</b>	
<b>Course Objective</b>	To make the learner familiarize with the theoretical and conceptual knowledge of human resource management so that it can be used for organisational effectiveness.	
<b>Course Outcomes</b>	After completion of this subject students will be able: <ul style="list-style-type: none"> <li>• To utilize the theories and principles of HRM for organisational effectiveness.</li> <li>• To deal with issue related to management of work force.</li> <li>• To analyze the performance of employees.</li> </ul>	
<b>Unit</b>	<b>Topic</b>	<b>Number of Lectures (In Hours)</b>
<b>I</b>	Human Resource Management: Meaning and definition. Functions and objectives. Qualities of H R manager.	12
<b>II</b>	Evolution of HRM: Evolution of human resource management. Challenges of HRM (Human resource management).	12
<b>III</b>	HRP: Human Resource Planning- Nature and meaning. Objectives and importance of Human Resource Planning in organizations.	12
<b>IV</b>	Job Analysis: Meaning and purpose of Job Analysis. Job Analysis and TQM (Total Quality Management).	12


  
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V	Performance Appraisal: Meaning and Objectives of Performance Appraisal, Performance Appraisal Process. Performance Appraisal System in India and its challenges.	12
Course Pre-Requisites	Only for those who took Psychology as subject in PG third semester.	
Suggested Readings:		
<ol style="list-style-type: none"><li>1. Sahni, N. K. &amp; Jain, R. (2011). Management Concepts &amp; Organizational Behavior. Kalyani Publishers, New Delhi.</li><li>2. Pareek, U. (2006). Understanding Organizational Behavior. Oxford University Press: New Delhi.</li><li>3. Pandey, S. &amp; Basak, S. (2012). Human Resource and Personnel Management, New Delhi, Pearson Edition, India.</li><li>4. Aswathappa, K. (2010). Human Resource and Personnel Management (Fourth Edition), The McGraw-Hill Companies.</li><li>5. Mathur, B. L. Human Resource Development (2000). Arihant Publication, Jaipur.</li><li>6. Bansal, M. &amp; Mansi. B. (2021). Human Resource Management (1<sup>st</sup> ed.). Singhal Publication.</li><li>7. अस्थाना, बी. एवं बख्शी, आर (2011). संगठनात्मक व्यवहार   अग्रवाल पब्लिशर, नई दिल्ली  </li><li>8. पण्डित, के. एवं. रैना, पी (2018). मानव संसाधन प्रबन्धन   साहित्य भवन पब्लिकेशन  </li></ol>		
Suggested Equivalent Online Courses	<ul style="list-style-type: none"><li>• Swayam <a href="https://swayam.gov.in/">https://swayam.gov.in/</a></li><li>• Coursera <a href="https://www.coursera.org/">https://www.coursera.org/</a></li><li>• Udemy <a href="https://www.udemy.com/">https://www.udemy.com/</a></li></ul>	

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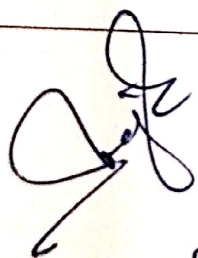


**SEMESTER – IV (X)**  
**COURSE – 4**  
**THEORY**

Name of Academic Programme/Class	Master in Psychology (P.G., Year : Second)	
Subject	Psychology	
Course/Paper Code	A091004T	
Nature of Course/Paper	Group - A : Theory (Elective)	
Course/Paper Title	Stress Management	
Course to be offered in the Semester of	Semester – IV	
Credit Assigned:	04	
Course Objective	To familiarize the students about the courses and consequence of stress in organization. To provide an in-depth knowledge of different stress coping mechanism.	
Course Outcomes	After completion of this course students will be able to develop: <ul style="list-style-type: none"> <li>• An understanding about the impact of the technological, social and job stressors on individuals.</li> <li>• Able to use different stress management techniques in real life situations.</li> </ul>	
Unit	Topic	Number of Lectures (In Hours)
I	Stress: Meaning, Sources and Models of Stress (GAS Model, Canon's Flight or Fight Model). Organizational Stress: Concept, Symptoms and Factors of Organizational Stress.	14
II	Stressors/Causes of stress: Organizational, Social, Physical, Biological, Familial and Psychological.	12
III	Consequences of Job Stress: Job Behaviour, Job satisfaction, Performance, Absenteeism and Health Strains.	10
IV	Stress and Technology: Meaning and Types of technology. Impact of technology, Technology Management and Effectiveness.	10

The bottom of the page features several handwritten signatures and a circular official stamp. One signature is clearly legible as "Asim". Another signature appears to be "R. T. ...". The circular stamp contains the date "01-08-2023" and some illegible text. To the right, there is a signature that looks like "Anurag Srivastava".

V	Stress Coping and Management: Definition of coping, Methods of coping- Problem focused and Emotion focused. Stress Management Interventions- Individual Centered and Organizational Centered. Indian Approaches of Stress Management-Yoga, Spirituality and Meditation etc..	14
Course Pre-Requisites	Only for those who took Psychology as subject in PG third semester.	
<b>Suggested Readings:</b> <ol style="list-style-type: none"><li>1. Pestonjee, D. M. (1992). Stress and coping, New Delhi: Sage Publication.</li><li>2. Srivastava, A. K. (1999). Management of Occupational Stress: Theories and practice. New Delhi: Gyan Publication House.</li><li>3. Sahni, N. K. &amp; Jain, R. (2011). Management Concepts &amp; Organizational Behavior. Kalyani Publishers, New Delhi.</li><li>4. Alam, S. (2011). Modern Concept of Guidance and Counselling. Gyananda Prakashan, Ansari Road, New Delhi.</li><li>5. जैन, पी. सी. (2004). संगठनात्मक व्यवहार   राजस्थान हिंदी ग्रन्थ अकेडमी, जयपुर  </li><li>6. सिंह, ए. के. (2008). आधुनिक नैदानिक मनोविज्ञान, मोतीलाल बनारसीदास, दिल्ली।</li></ol>		
Suggested Equivalent Online Courses	<ul style="list-style-type: none"><li>• Swayam <a href="https://swayam.gov.in/">https://swayam.gov.in/</a></li><li>• Coursera <a href="https://www.coursera.org/">https://www.coursera.org/</a></li><li>• Udemy <a href="https://www.udemy.com/">https://www.udemy.com/</a></li></ul>	



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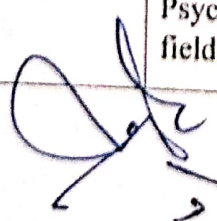
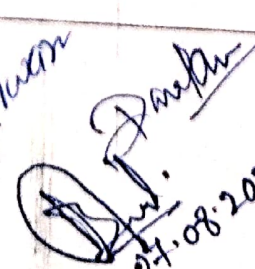
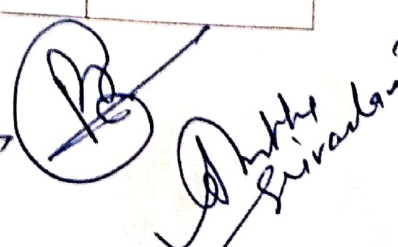


Dr. R. Tiwari



**SEMESTER – IV (X)**  
**COURSE – 5**  
**THEORY**

Name of Academic Programme/ Class	Master in Psychology (P.G., Year : Second)	
Subject	Psychology	
Course/Paper Code	A091005T	
Nature of Course/Paper	Group - B : Theory (Elective)	
Course/Paper Title	Clinical Psychology: Basics and Assessment	
Course to be offered in the Semester of	Semester – IV	
Credit Assigned:	04	
Course Objective	To make students learn the fundamentals of clinical assessment.	
Course Outcomes	<p>When the complete course is covered the students will:</p> <ul style="list-style-type: none"> <li>• Be able to grasp easily the conceptual framework and relevancy of clinical assessment.</li> <li>• Possess sound knowledge of the significance of clinical assessment.</li> <li>• Be aware of the applied aspect of clinical measurement.</li> <li>• Be competent enough to use different sources of clinical assessment.</li> </ul>	
Unit	Topic	Number of Lectures (In Hours)
I	Meaning, Nature and Scope of Clinical Psychology, Brief history of Clinical Psychology, Development of Clinical Psychology in India.	12
II	Problems of Clinical Psychology, Future of Clinical Psychology, Role of Clinical Psychologist in different fields, Professional ethics.	12

Asim R. Tiwari      Dr. P. S. Datta      Dr. S. S. Srinivasan

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III	Clinical Assessment: Meaning, Nature, Purpose and Stages of clinical assessment. Techniques of clinical assessment (overview).	13
IV	Intelligence and Personality Assessment: Intelligence test- Wechsler scales and S-B-5. Personality: Objective test- MMPI-2 FR, Projective test- Rorschach Ink-Blot test and TAT.	12
V	Other methods of Clinical Assessment: Case study, Clinical Interview, Mental Status Examination, Neurophysiological Assessment- Bender Gestalt test.	11
Course Pre-Requisites	Only for those who took Psychology as subject in PG second semester.	

#### Suggested Readings:

1. Weiner, I. B. (1974). Clinical Methods in Psychology.
2. Korchin, S. J. (1976). Modern Clinical Psychology. CBS Publication, Delhi.
3. Wolman, B. B. (1978). Clinical Diagnosis of Mental Disorders : A Handbook. N.Y. Plenum.
4. Goldenbern. H. (1983). Contemporary Clinical Psychology (2nd Ed.) New York.
5. Nietzel, M. T. Bernstein, D.A. & Misich, R (1998). Introduction of Clinical Psychology (5th Ed.). New Jersey : Prentice Hall.
6. कपिल, एच. के. (2006). नैदानिक मनोविज्ञान; भार्गव बुक हाउस, आगरा।
7. सुलेमान, एम. एवं कुमार, डी. (2006). आधुनिक नैदानिक मनोविज्ञान, जनरल बुक एजेन्सी, पटना।
8. सिंह, ए. के. (2008) आधुनिक नैदानिक मनोविज्ञान, मोतीलाल बनारसीदास, दिल्ली।

#### Suggested Equivalent Online Courses

- Swayam <https://swayam.gov.in/>
- Coursera <https://www.coursera.org/>
- Udemy <https://www.udemy.com/>

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**SEMESTER – IV (X)**  
**COURSE – 6**  
**THEORY**

Name of Academic Programme/ Class	Master in Psychology (P.G., Year : Second)	
Subject	Psychology	
Course/Paper Code	A091006T	
Nature of Course/Paper	Group - B : Theory (Elective)	
Course/Paper Title	Clinical Intervention: Psychotherapy	
Course to be offered in the Semester of	Semester – IV	
Credit Assigned:	04	
Course Objective	Its basic aim is to familiarize the students with the theoretical and applied aspect of various psychotherapies.	
Course Outcomes	<p>At the end of the course the students will:</p> <ul style="list-style-type: none"> <li>• Be aware of the meaning and aims of psychological therapy.</li> <li>• Possess specific knowledge about different therapies.</li> <li>• Be in a position to pick and choose therapies as per the clinical demand.</li> <li>• Possess intensive knowledge about the importance of clinical therapies.</li> </ul>	
Unit	Topic	Number of Lectures (In Hours)
I	Psychotherapy: Meaning, Nature, Goals and Classification. Modes of Psychotherapy. Yoga and Psychotherapy.	12
II	Psychodynamic therapy: Freudian psychoanalysis-Meaning, History, Goals, Stages and Relevance.	11
III	Behavioural therapy: Meaning, Nature and Historical background of behaviour therapy. Techniques of behaviour therapy- systematic desensitization therapy, aversion therapy, assertive therapy and modelling.	13

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IV	Cognitive Behaviour Therapy: Meaning, Nature and Types. Rational-Emotive therapy and Beck's cognitive therapy.	11
V	Humanistic-Experiential Therapy: Person-centred therapy and Gestalt therapy.	13
Course Pre-Requisites	Only for those who took Psychology as subject in PG third semester.	
Suggested Readings:		
<div>1. Weiner, I. B. (1974). Clinical Methods in Psychology.</div> <div>2. Korchin, S. J. (1976). Modern Clinical Psychology. CBS Publication, Delhi.</div> <div>3. Wolman, B. B. (1978). Clinical Diagnosis of Mental Disorders : A Handbook. N.Y. Plenum.</div> <div>4. Goldenbern. H. (1983). Contemporary Clinical Psychology (2nd Ed.) New York.</div> <div>5. Nietzel, M. T. Bernstein, D.A. &amp; Misich, R (1998). Introduction of Clinical Psychology (5th Ed.). New Jersey : Prentice Hall.</div> <div>6. कपिल, एच. के. (2006). नैदानिक मनोविज्ञान, भार्गव बुक हाउस, आगरा।</div> <div>7. सुलेमान, एम. एवं कुमार, डी. (2006). आधुनिक नैदानिक मनोविज्ञान, जनरल बुक एजेन्सी, पटना।</div> <div>8. सिंह, ए. के. (2008). आधुनिक नैदानिक मनोविज्ञान, मोतीलाल बनारसीदास, दिल्ली।</div>		
Suggested Equivalent Online Courses	<div>• Swayam <a href="https://swayam.gov.in/">https://swayam.gov.in/</a></div> <div>• Coursera <a href="https://www.coursera.org/">https://www.coursera.org/</a></div> <div>• Udemy <a href="https://www.udemy.com/">https://www.udemy.com/</a></div>	



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R. Tiwari

Dr. Anil Kumar  
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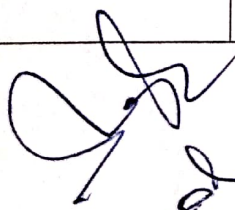
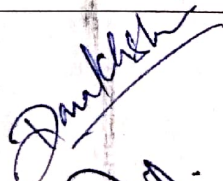

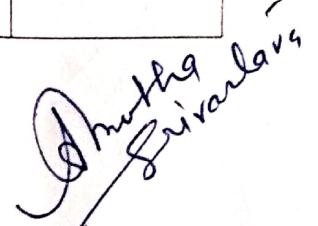


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**SEMESTER – IV (X)**  
**COURSE – 7**  
**THEORY**

Name of Academic Programme/Class	Master in Psychology (P.G., Year : Second)	
Subject	Psychology	
Course/Paper Code	A091007T	
Nature of Course/Paper	Group - B : Theory (Elective)	
Course/Paper Title	Advanced Psychopathology	
Course to be offered in the Semester of	Semester – IV	
Credit Assigned:	04	
Course Objective	Enabling students with the historical background and the recent trends of Psychopathology.	
Course Outcomes	<p>Completion of this course will enable students :</p> <ul style="list-style-type: none"> <li>• To have sufficient knowledge about the classification of psychopathological disorders.</li> <li>• To comprehend about the models of Psychopathology.</li> <li>• To have overall control over the broad categories of disorders.</li> <li>• In learning the etiology and symptoms of psychopathological disorders.</li> </ul>	
Unit	Topic	Number of Lectures (In Hours)
I	Historical Development of Psychopathology: From Ancient Times to Present Era with Special Focus on Indian View. Nosological Systems: DSM V - TR, ICD 11.	13
II	Models of Psychopathology: Biological Model: Genetic, Neurophysiological and Neurochemical. Psychosocial Model: Psychodynamic, Behavioural, Cognitive and Sociocultural.	13

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III	Psychophysiological Disorder: Symptomology and Etiology of Heart Disease, Diabetes and Allergies. Stress Disorder: ASD and PTSD.	12
IV	Mood Disorders: Unipolar, Bipolar I and II, Cyclothymia and Dysthymia.	10
V	Cognitive Dysfunctions: Approaches and Causal Factors of Delirium, Dementia and Amnesia Syndromes, Alzheimer's Disease, Pre-senile Dementia.	12
<b>Course Pre-Requisites</b>		<b>Only for those who took Psychology as subject in PG third semester.</b>

#### Suggested Readings:

1. Sarason, B. R. & Sarason, I. G. (2002). Abnormal Psychology.
2. Barlow, D. M. & Durand, V. M. (2005). Abnormal Psychology: An Integrative Approach. Thomson Wadsworth.
3. Carson, R. C. Butcher, J. N. & Mineka, S. (2000). Abnormal Psychology and Modern Life. Pearson Education.
4. American Psychiatric Association. (2013). DSM – 5.
5. Kaplan, H. I. & Others (1994). Synopsis of Psychiatry. New Delhi: B.I. Waruly.
6. Bennett, P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.
7. Carson, R.C. Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
8. Kearney, C. A. & Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi: Cengage learning.
9. श्रीवास्तव, आर. (2019). मनोविकृति विज्ञान। मोतीलाल बनारसीदास वाराणसी।
10. सिंह, आर. एन. एवं अन्य (2008). आधुनिक असामान्य मनोविज्ञान। अग्रवाल पब्लिकेशन आगरा।
11. सिंह, आर. एन. एवं अन्य (2013). मनोविकृति के आधार। अग्रवाल पब्लिकेशन आगरा।
12. जायसवाल, ए. के. (2020). आधुनिक मनोविकृति विज्ञान। विनोद पुस्तक मन्दिर आगरा।

#### Suggested Equivalent Online Courses

- Swayam <https://swayam.gov.in/>
- Coursera <https://www.coursera.org/>
- Udemmy <https://www.udemy.com/>

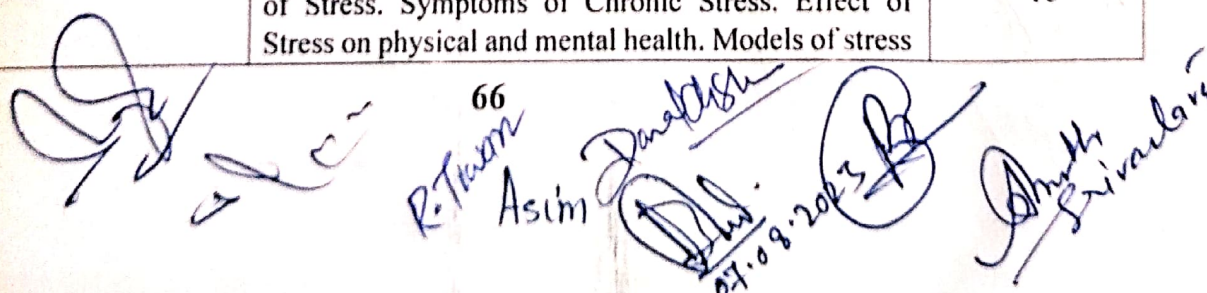
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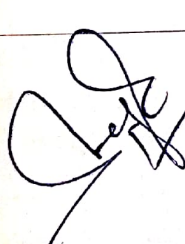
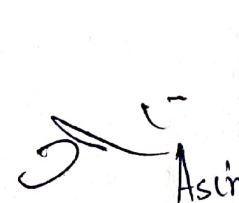
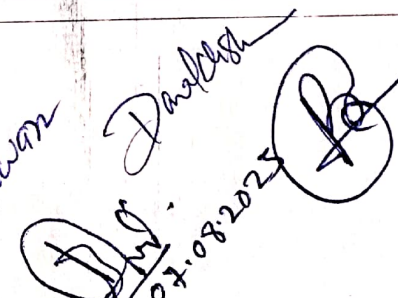
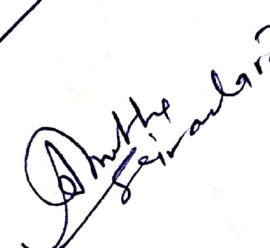


**SEMESTER – IV (X)**  
**COURSE – 8**  
**THEORY**

Name of Academic Programme/Class	Master in Psychology (P.G., Year : Second)	
Subject	Psychology	
Course/Paper Code	A091008T	
Nature of Course/Paper	Group - B : Theory (Elective)	
Course/Paper Title	Health Psychology	
Course to be offered in the Semester of	Semester – IV	
Credit Assigned:	04	
Course Objective	Aims to familiarize the students with the concept and understanding of the role of Health Psychologist. It further facilitates students to identify stressors and therapies for betterment of human health.	
Course Outcomes	Post course completion the students should be aware of and : <ul style="list-style-type: none"> <li>• Be able to grasp the fundamentals of health and its importance.</li> <li>• Be able to understand the various diseases and the nature thereof.</li> <li>• Be able to learn the techniques and remedies of the diseases.</li> </ul>	
Unit	Topic	Number of Lectures (In Hours)
I	Health Psychology: Concept, Nature and Scope. Modern Theories of Health Psychology. Role of health psychologist.	13
II	Chronic Illness: Concept of illness and chronic illness. Emotional responses to chronic illness. Chronic illness and quality of life. Chronic illness of children, women and elderly people.	13
III	Prevalent Chronic Diseases : Heart disease, HIV/AIDS, Cancer, High blood pressure, Diabetes, Paralysis, Pain.	12
IV	Stress and Health: Concept, Nature, Causes and types of Stress. Symptoms of Chronic Stress. Effect of Stress on physical and mental health. Models of stress	10


  
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	– General Adaptation Syndrome, Life Events theory and Transactional model. Stress Management.	
V	Alternative therapies in Health Psychology: Relationship between Health Psychology and Alternative therapies. Yoga therapy, Natural therapy, Magnetic therapy, Acupressure therapy and Pranic healing therapy.	12
Course Pre-Requisites	Only for those who took Psychology as subject in PG third semester.	
<b>Suggested Readings:</b>		
<ol style="list-style-type: none"><li>1. Sarafino, E. P. (1998). Health Psychology: 3ed., New York, John Wiley &amp; Sons.</li><li>2. Ogden, J. (2004). Health Psychology: A Textbook 3<sup>rd</sup> Edition. New York.</li><li>3. Taylor, S. E. (2006). Health Psychology: TataMcGraw - Hill Education.</li><li>4. Khatoon, N. Ed. (2012). Health Psychology: Pearson Education Inc. India.</li><li>5. माथुर, एस. एस. एवं माथुर. ए. (2008). स्वास्थ्य मनोविज्ञान, अग्रवाल पब्लिकेशन आगरा।</li><li>6. कुमार, वी. (2020). स्वास्थ्य मनोविज्ञान। मोतीलाल बनारसीदास, दिल्ली।</li><li>7. कुमारी, आर. (2021). स्वास्थ्य मनोविज्ञान। मोतीलाल बनारसीदास, दिल्ली।</li><li>8. दुबे, ए. एवं शुक्ला, ए. (2022). स्वास्थ्य मनोविज्ञान। किताब महल दिल्ली।</li><li>9. सिंह, ए. के. (2022). स्वास्थ्य मनोविज्ञान (तंदरुस्ती की ओर एक कदम)। मोतीलाल बनारसीदास, दिल्ली।</li></ol>		
Suggested Equivalent Online Courses	<ul style="list-style-type: none"><li>• Swayam <a href="https://swayam.gov.in/">https://swayam.gov.in/</a></li><li>• Coursera <a href="https://www.coursera.org/">https://www.coursera.org/</a></li><li>• Udemmy <a href="https://www.udemy.com/">https://www.udemy.com/</a></li></ul>	

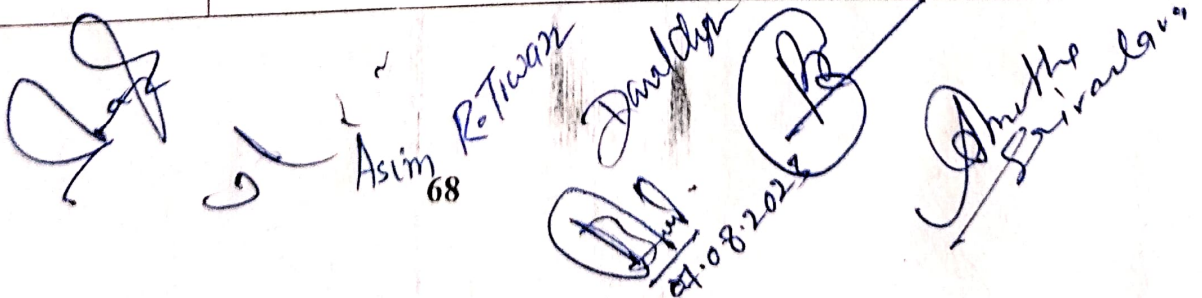





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**SEMESTER – IV (X)**  
**COURSE – 9**  
**PRACTICAL**

Name of Academic Programme/Class	Master in Psychology (P.G., Year : Second)	
Subject	Psychology	
Course/Paper Code	A091009P	
Nature of Course/Paper	Practical (Compulsory)	
Course/Paper Title	Testing and Training	
Course to be offered in the Semester of	Semester – IV	
Credit Assigned:	04	
Course Objective:	The purpose of the practical course is to help the students to correlate the theoretical concepts and outcomes with its demonstration in the applied form (special emphasis in real life having social relevance).	
Course Outcomes:	After completion of the course, the students will have clear understanding of psychometric properties and standardization of the test. They will also be capable enough in administration, interpretation and report writing of numerous tests of Clinical, Child development, Psychopathology, HRM, Stress Management and Organizational Change and Development.	
Practical derived from following Theory Courses	Topic	Number of Lectures (In Hours)
Organizational Behaviour (Group - A : Elective)	1- Measurement of Employee motivation.	24
	2- Measurement of Leadership Style / Organizational Conflict.	24
Organizational Change and Development (Group - A : Elective)	3- Measurement of Organizational Change / Organizational Climate.	24
	4- Comparative study of Work-Life Balance between two professionals.	24


  
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Human Resource Management (Group - A : Elective)	5- Comparative study of Job Involvement.	24
	6- Measurement of Performance Appraisal.	24
Stress Management (Group - A : Elective)	7- Measurement of Burnout.	24
	8- Correlating Job Satisfaction with any demographic variables such as - Age, Salary, Experience.	24
Clinical Psychology: Basics and Assessment (Group - B : Elective)	9- Preparing a case history of a person afflicted with any psychological problem and conclude the findings.	24
	10- Measurement of personality by TAT / Rorschach Ink - Blot Test.	24
Clinical Intervention: Psychotherapy (Group - B : Elective)	11- Use the modelling technique on any Phobic Person and write the outcome.	24
	12- Use Assertiveness training to strengthen the behaviour of that person who is unable to make interpersonal relation and conclude the result.	24
Advanced Psychopathology (Group - B : Elective)	13- Measurement of PTSD.	24
	14- Measurement of Depression.	24
Health Psychology (Group - B : Elective)	15- Measurement of Mental Health of patient suffering from any chronic illness mentioned in the syllabus.	24
	16- Comparative study of Stress among Yoga practitioners and non-practitioners.	24
Course Pre-Requisites	Only for those who took Psychology as subject in PG third semester.	

#### Suggested Readings:

1. Mohsin, S.M. (1985). Experiments in Psychology- Moti Lal Banarasi Das, New Delhi.
2. Hussain, A. (2014). Experiments in Psychology- PHI Learning Private Limited, New Delhi.
3. श्रीवास्तव, आर. एवं अन्य (2006). मनोवैज्ञानिक प्रयोग एवं परीक्षण, मोतीलाल बनारसीदास, वाराणसी।
4. सुलेमान, एम. एवं तरत्रुम, आर. (2010). मनोविज्ञान में प्रयोग एवं परीक्षण, मोतीलाल बनारसीदास, वाराणसी।

Note: In the P.G. 4<sup>th</sup> Semester, the students will have to carry out 5 practicals from the above list of their respective optional courses opted.

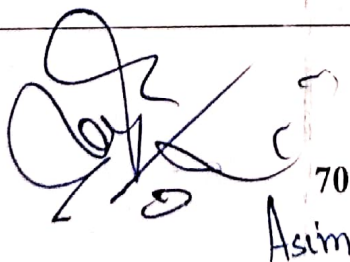
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Anitha Srinivasan

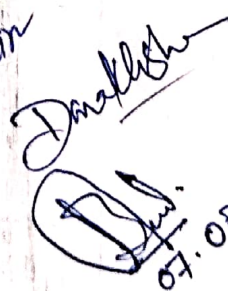


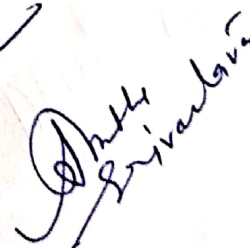
**SEMESTER – IV (X)**  
**COURSE – 8**  
**RESEARCH PROJECT**

Name of the Academic Programme/Class	Master in Psychology (P.G., Year : Second)
Subject	Psychology
Course/Paper Code	A091010R
Nature of Course/Paper	Research Project (Compulsory)
Course/Paper Title	Major Research Project
Course to be offered in the Semester of	Semester – IV
Credit Assigned:	04
Course Objective	The main aim of this major research project is to familiarize the students not only with the process and procedure of research but also with the empirical basis.
Course Outcomes	At the end of this project the students will be: <ul style="list-style-type: none"> <li>• Able to analyze critically and scrutinise the scientific grounds applied, add from own learning &amp; experience as a student of Psychology.</li> <li>• Able to explore the cultural, social and ethical impact of Psychology in his/her own community and daily life.</li> </ul>
<p><b>Note:</b> Major Research Project is compulsory. Students will have to select the topic for the major research project with the consent of Research Project Supervisor. For the purpose of the research project, Students will carry out the work in group of 5-8 but will write the report individually. The report shall be in APA format.</p>	
Course Pre-Requisites	Only for those who took Psychology as subject in PG third semester.
<p><b>Suggested Readings:</b></p> <p>1. The Supervisor will provide the research material to the students.</p>	

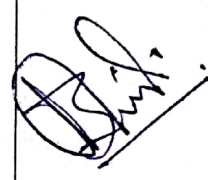
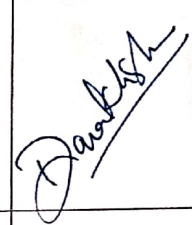
  
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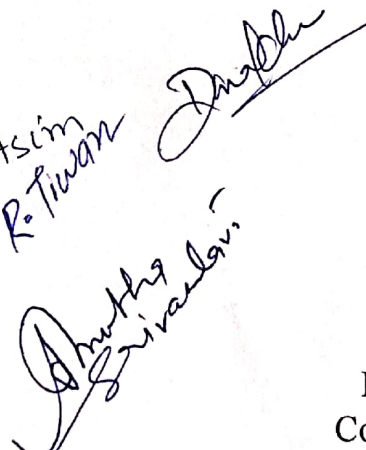
  
R. P. Tiwari

  
Dr. D. K. Singh  
07.08.2025


  
Dr. S. K. Singh

**SYLLABUS DEVELOPED BY:**

S.N.	NAME	DESIGNATION	DEPARTMENT	COLLEGE / UNIVERSITY	SIGNATURE
1.	DR. FAHMEEDA ZAIDI	ASSOCIATE PROFESSOR	PSYCHOLOGY	S.N.P.G. COLLEGE AZAMGARH (MSDSU)	
2.	DR. QAZI ASIM ALAM	ASSISTANT PROFESSOR	PSYCHOLOGY	S.N.P.G. COLLEGE AZAMGARH (MSDSU)	Asim
3.	DR. DARAKHSHAN PARVEEN	ASSISTANT PROFESSOR	PSYCHOLOGY	S.N.P.G. COLLEGE AZAMGARH (MSDSU)	
4.	DR. RUPESH TIWARI	ASSISTANT PROFESSOR	PSYCHOLOGY	G.S.S. P.G. COLLEGE KOILSA, AZAMGARH (MSDSU)	R. Tiwari

  
  
Asim  
R. Tiwari  
  
Dr. Darakhshan Parveen

Submitted By

  
07.08.2023  
Dr. Fahmeeda Zaidi  
Convenor (Psychology)  
MSDSU, Azamgarh